Philosophy for Living with Abundance
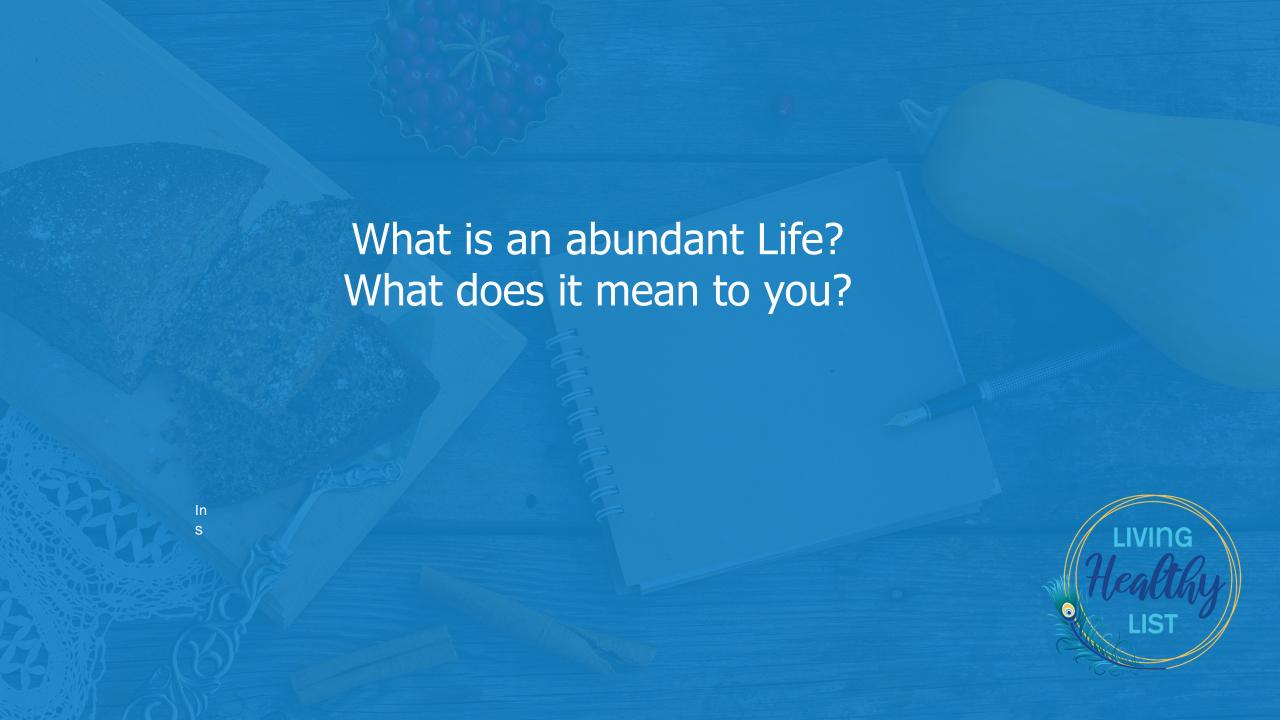
Denise Stegall
CEO & Curator, Living Healthy List
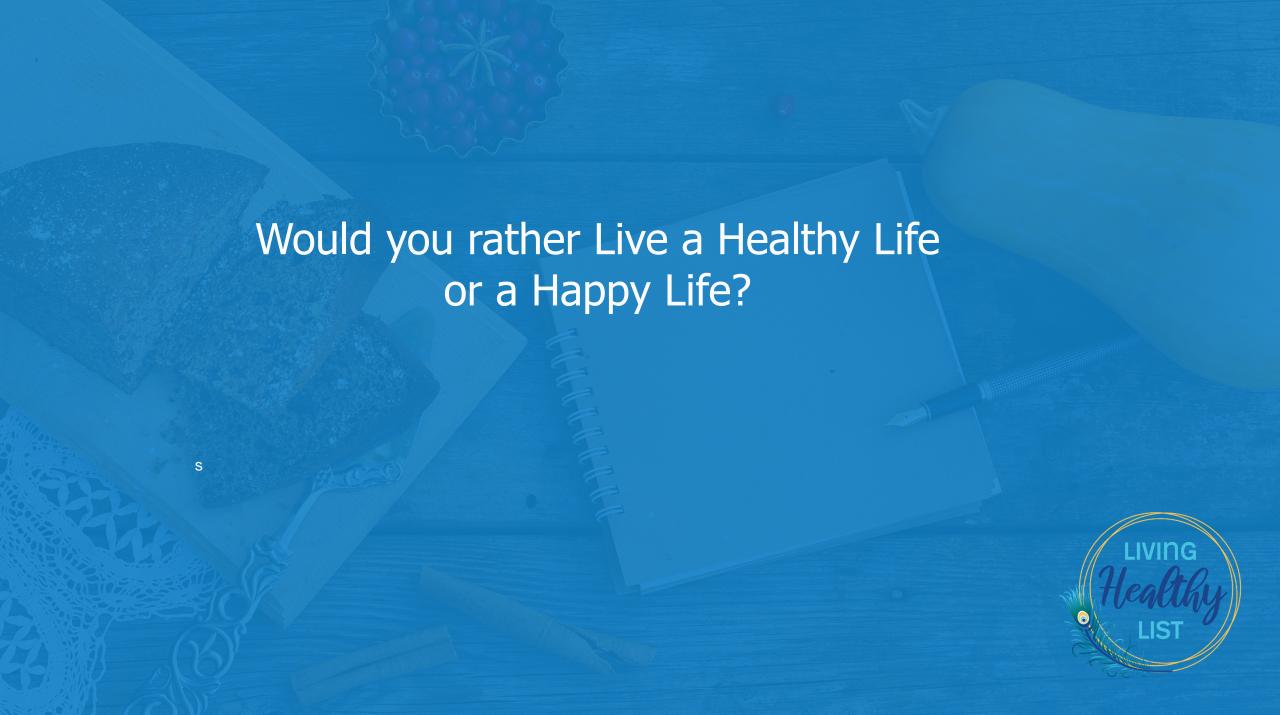
Welcome to Living Healthy List

https://www.livinghealthylist.com/wp-content/uploads/2019/04/LHL-Intro-for-Front-pageof-website-1.mp4
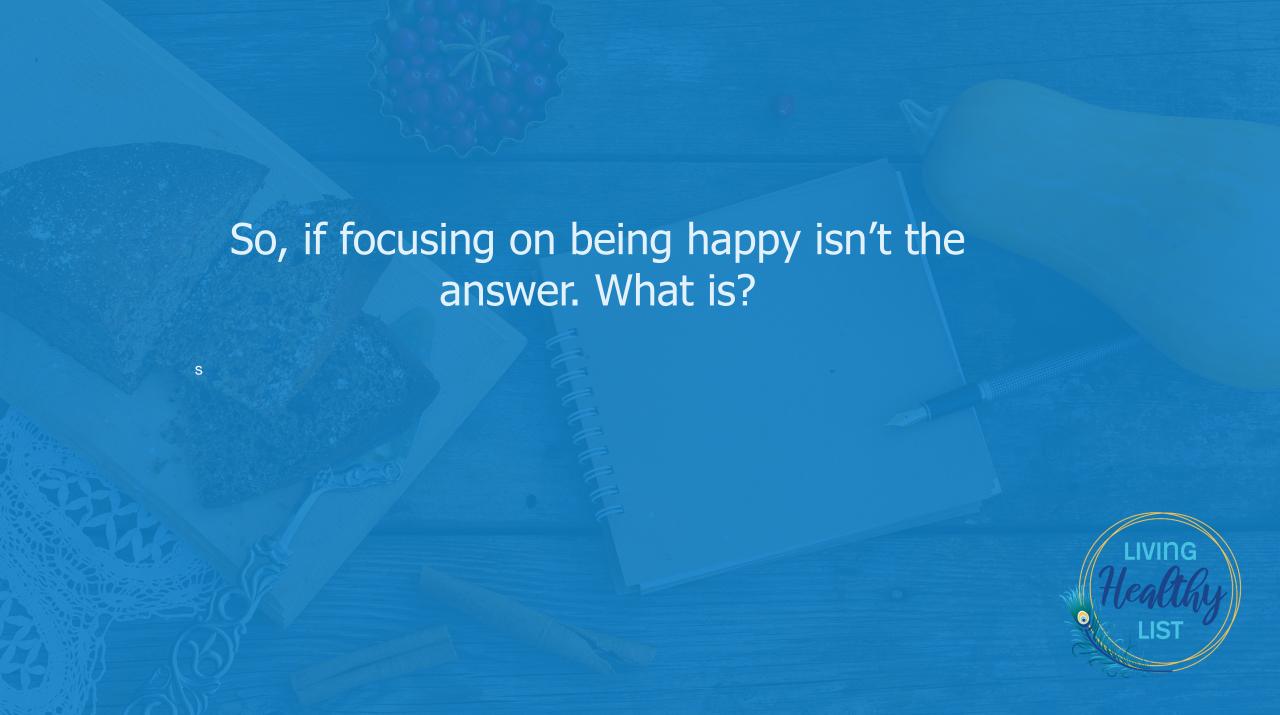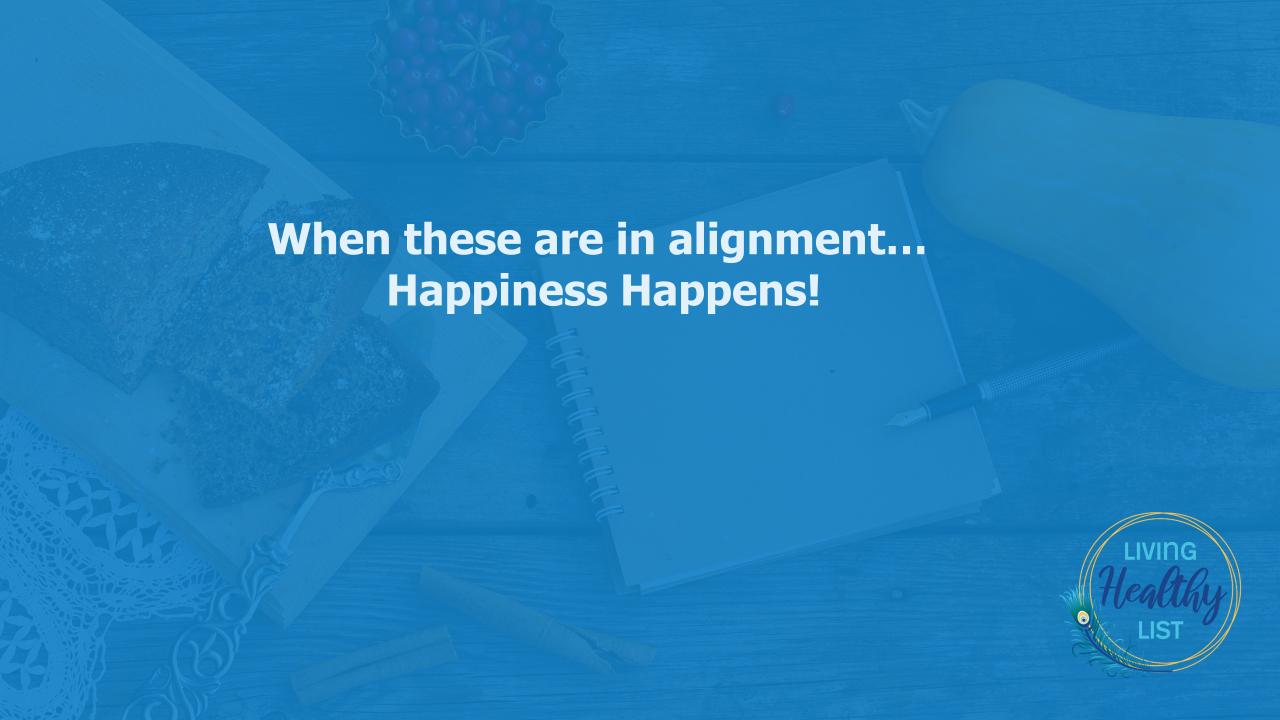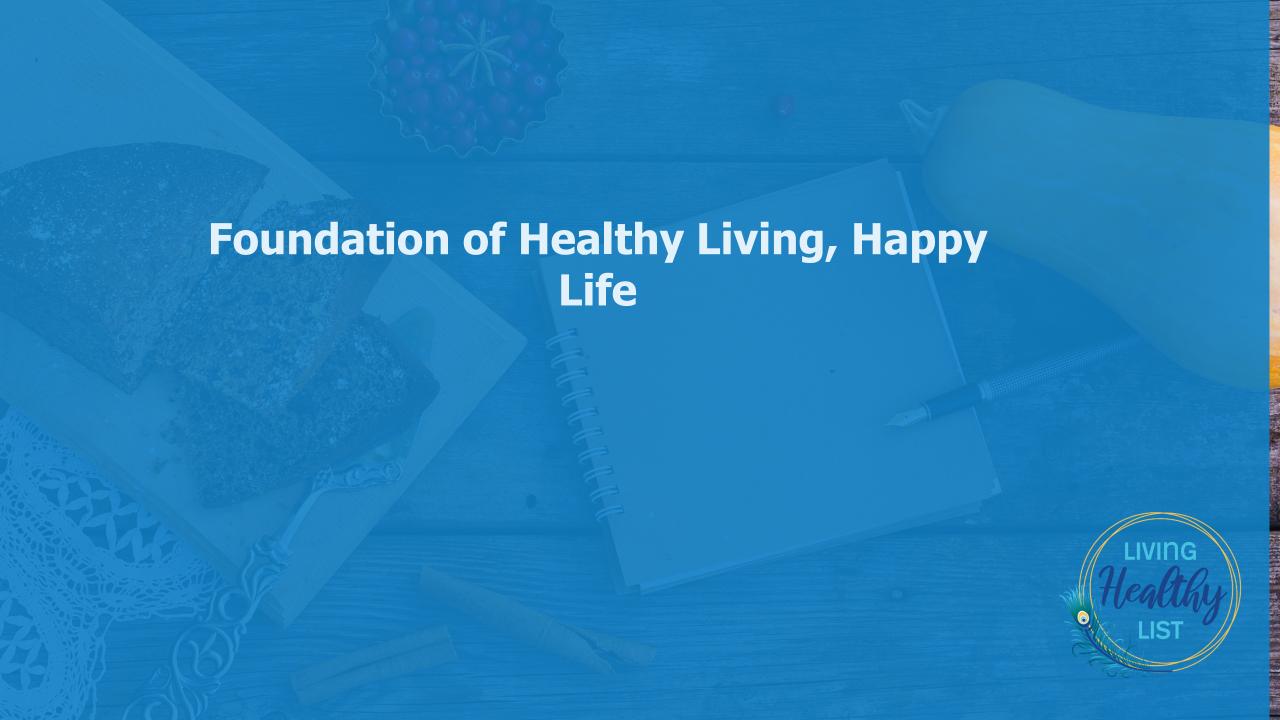
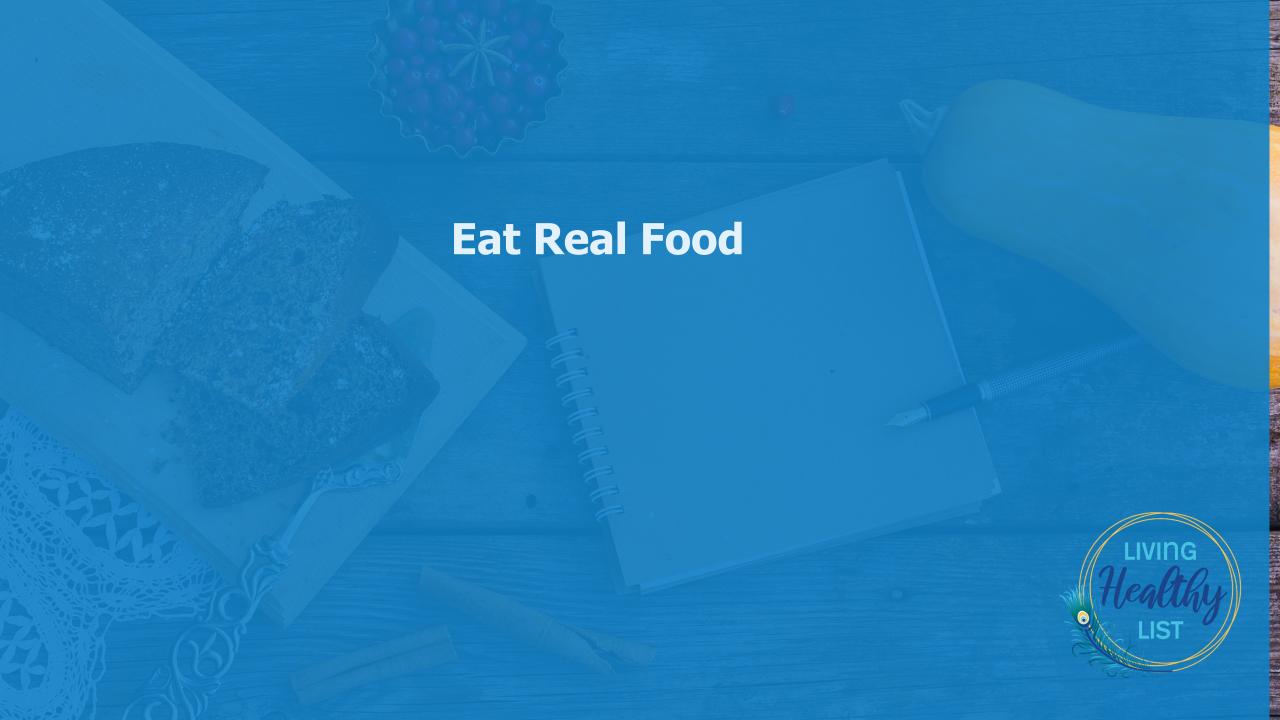What is an abundant Life?
What does it mean to you?

In
s

Would you rather Live a Healthy Life
or a Happy Life?

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Focus on Happiness?
It Never Works!

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LIVING
Healthy
LIST

Focus on Happiness?

Relationship
Dream Job

So, if focusing on being happy isn't the answer. What is?

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When these are in alignment…
Happiness Happens!

Eat Real Food

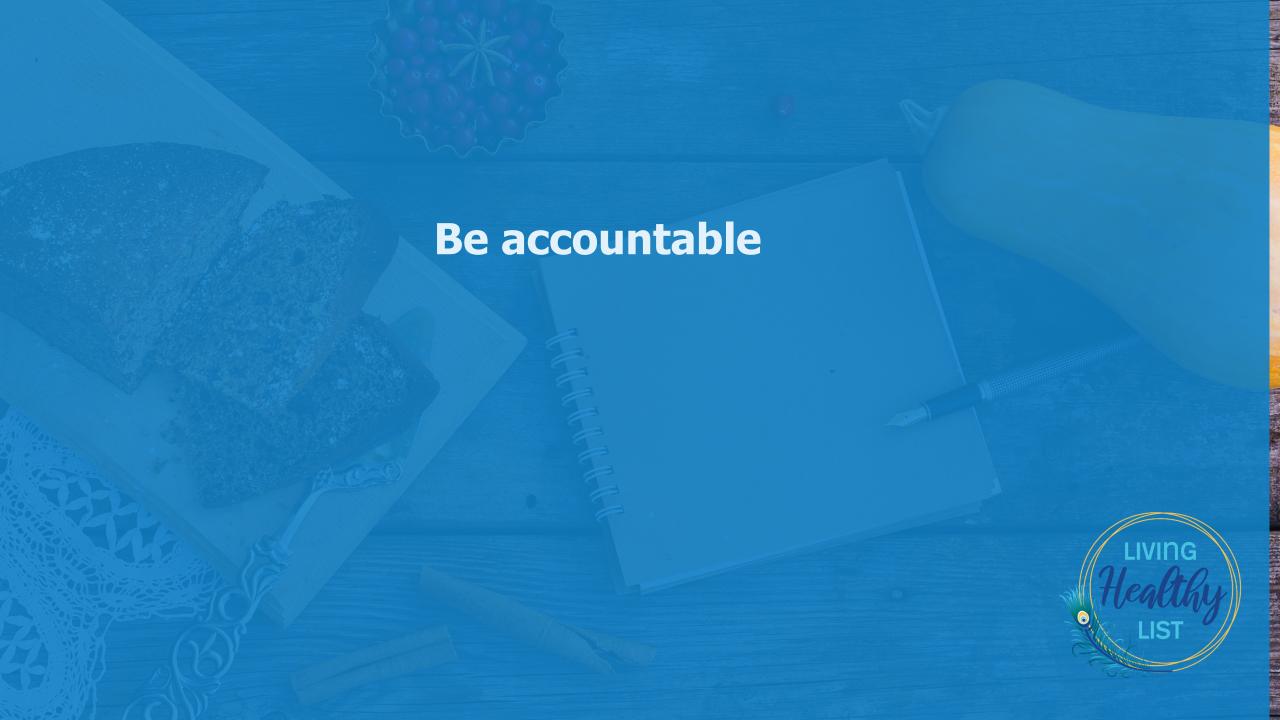Make Good Decisions

Be accountable

Build on this foundation you create happiness from within and abundance in your Life!

Call To Action

www.livinghealthylist.com

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LIST

Thank you!