

2017 FRESH START - 4 WEEKS TO A NEW YOU!

WEEK 1 - MEDITATE

Book:

Anxious Lawyer by Jeena Cho

Netflix:

Happy- A Documentary

App:

Yoga Studio

WEEK 2 - EAT MINDFULLY

Book:

Buddha's Diet: The Ancient Art of Losing
Weight Without Losing Your Mind

Netflix:

Supersize Me

WEEK 3 - EXERCISE

App:

Yoga Studio or Nike Training Club

Netflix:

Bigger Stronger Faster

WEEK 4 - DECLUTTER

Book:

The Life-Changing Magic of Tidying Up

Netflix:

The Human Experiment