

# Plant the Garden of Your Life with Seeds of Well-Being©



**Reap Your Harvest of Health & Friskiness!**

**Make An Investment In YOU!**



Douglas Bloch shares in his book *Healing From Depression* the Activities that support my vision of wellness. He has discovered that healing from depression and cultivating a better mood is a RESULT of practicing the five areas of self-care. I have found these same areas of self-care also transform imbalances in body weight. *Find Healing from Depression: 12 Weeks to a Better Mood*, by Douglas Bloch, Celestial Arts Publishers, [www.healingfromdepression.com](http://www.healingfromdepression.com) © Bob Wilson BS, DTR [www.balancedweightmanagement.com](http://www.balancedweightmanagement.com)