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Life by the Cup is more than a rags-to-riches story, although Zhen's journey is inspiring. It's also about what she did with her riches: to help alleviate poverty for tea workers worldwide. This book has all the makings of a good story: a strong desire (to earn the money to keep her son alive), obstacles to overcome, and the actions she took (and the pluck she developed) to overcome each ...

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Ingredients for a Purpose-Filled Life of Bottomless Happiness and Limitless Success Zhen Muzyka is the founder of Zhen ' s Gypsy Tea and an inspirational speaker to women nation-wide. celebrated for her work in fair-trade business practices, Zhen was name a Country Living Women Entrepreneur and has received the Enterprising Women of the Year award and the Socially Responsible Business award ...

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"Life By the Cup is a world-changing, unique, and beautifully written book that will benefit every aspect of the reader's life. Zhen Muzyka reflects on her complex and inspirational life by artfully weaving savory tea antidotes, unforgettable personal stories, and her savvy business prowess.

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Whether you are a mother, entrepreneur, or are simply passionate about expressing your creative self most fully, Life By the Cup serves delectable sips of magic." -- Kathlyn Hendricks, co-author of Conscious Loving "Recipes for overcoming adversity swirl through these pages like the inspiring ingredients in Zhen's tea concoctions.

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The founder of Zhenia's Gypsy Tea Company recounts how her son's need for life-saving surgery and her dream to start an organic tea business inspired her to build an honest, multi-million-dollar brand that won her an award for fair trade business practices.

“ [Zhenia] Muzyka ’ s charisma leaps off the pages of this unconventional, touching, and personal guide to success ” (Publishers Weekly), featuring seventeen soulful lessons and simple rituals for finding your life ’ s purpose, improving your relationships, and becoming healthier—all in the time it takes to drink a cup of tea. Drawing on lessons she ’ s learned throughout her amazing and sometimes difficult life journey, the social entrepreneur and founder of Zhenia ’ s Gypsy Tea shares seventeen soulful lessons to help you overcome obstacles, clarify your purpose, and bring awareness to each moment of your life. An inspiring roadmap for discovering the secrets of happiness and success for yourself at any stage in life, Life By the Cup ’ s message is that, no matter where you are, you can change your circumstances and live your dreams. As a twenty-four-year-old single mom, Zhenia had an infant in need of life-saving surgery and only six dollars in her wallet. She also had two other powerful motivators: hope and a passion to share her unique tea blends with the world. Combining her kitchen hobby of blending tea, her knowledge of herbs and aromatherapy, and her gypsy grandmother ’ s wisdom, Zhenia started selling custom teas from a cart on California street corners. Now, over a decade later, her son is healthy and Zhenia ’ s Gypsy Tea is a multimillion-dollar brand. Zhenia ’ s insights and gentle guidance will inspire you to increase your compassion toward others as well as yourself. You ’ ll also gain wisdom on how to hone your intuition, ask for help, and live out your true purpose without drastically changing the way you live. Discover your calling, bolster your courage, develop your own flavor of success, and you ’ ll see your own passion make a meaningful difference in the world.

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Boys' Life is the official youth magazine for the Boy Scouts of America. Published since 1911, it contains a proven mix of news, nature, sports, history, fiction, science, comics, and Scouting.

The award-winning author of *Cracking the Coconut* encourages readers to use the included interactive wheel to calculate their elemental sign, then offers 220 tempting Thai dishes for every home element, season and time of day, in a book with over one hundred full-color photos.

In *Life's Fishing Manual*, author Calvin Thean shares the core principles and skills necessary for attaining success in life. Gleaned from his personal experiences as well as interactions with people from all walks of life, his approach to a successful and satisfying life has helped many realize their own dreams. *Life's Fishing Manual* spells out the four life principles and skills essential to attaining consistent success in whatever goals you undertake. Written in a concise and easy to read manner, the Manual is intended to provide a fundamental understanding of these four essential principles and skills and enable its reader to immediately apply them to his or her life. *The Manual: and bull;* explores how our thoughts and the way we think affects the quality of the life we lead; *and bull;* examines how beliefs come into existence and what can be done in order to overcome the limiting beliefs and habits that prevent us from attaining success in our endeavours; *and bull;* discusses the various limiting beliefs of our self and the world at large and offers an alternative perspective to some of our commonly held beliefs; *and bull;* highlights the importance of a systematic process of goal-setting and provides tips, insights, and hints on time management and productive life choices; *and bull;* shares the importance of taking action to make manifest our dreams into reality; *and bull;* identifies the four categories of problems that we encounter in



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our daily life as well as the four underlying core issues that are the root causes of the problems we encounter. The Manual sets out the processes and provides tips on how to address these core issues.

The wrong food can cause or exacerbate most of the health problems. Dietary choices play a big role for optimal health. Specific foods can **REDUCE INFLAMMATION** in the body, providing your best strategy for protecting against deadly diseases. Adopt an **ANTI-INFLAMMATORY DIET** to alleviate arthritis, type 2 diabetes, food allergies, skin conditions, weight gain, & many other symptoms of chronic inflammation. Whether you're on a vegetarian, low-carb, Mediterranean, Neanderthal or any other kind of diet, there are delicious recipes available to anyone who wants to up their **ANTI-INFLAMMATION** efforts. Follow the diet - **LIVING AN ANTI-INFLAMMATORY LIFE** at least for a while & see the positive effects it has on your body. This book is provided with detailed info about inflammation along with tips, food list, easy to follow nutrition plan plus 105+ recipes right from breakfast to dessert. **HEAL THE INFLAMMATION NATURALLY & live a life that 's anything but average!**

Enjoy Life's™ Cookies for Everyone! offers allergy-free cookies, brownies and bars that are safe and delicious. Each of the 150 recipes are free of gluten as well as the eight most common allergens, thus taking the guesswork out of determining which recipes are safe—and which are a risk. Culinary expert Leslie Hammond teaches readers how to use naturally allergy-free ingredients and substitutes to add richness, texture, pizzazz and nutritional content to cookies and bars without losing the “yummy” factor. Each recipe is vetted for taste and safety by the Enjoy Life® company, a leader in delicious and

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healthful allergy-free foods.

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