



Live Intentionally: 65 Challenges for a Healthier, Happier Life

Cara Sue Achterberg

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Tired of being a standby passenger in this world and watching as her family's health and stress level spiraled out of control, Cara Sue Achterberg set out to create a healthier, happier life for herself and her family. Presented in a friendly, often humorous and always down-to-earth manner, Achterberg shares stories, resources, and recipes to help anyone live more intentionally. The book brims with over 65 challenges to help the reader make simple changes that will lead to a healthier, happier life. Divided in five sections, *Live Intentionally* invites you to a life lived on purpose. Eating intentionally means knowing your food – where it came from, what's in it, what to avoid, but more importantly what to include so that your body can function optimally. It offers information and recipes for making your own processed foods like peanut butter, bread, applesauce, even chicken nuggets and pop tarts from simple healthy ingredients. Creating an intentional home means uncluttering, organizing, and learning to clean naturally with nontoxic ingredients. Achterberg shares secrets for a more efficient home and a lifestyle that strives to be less of a burden on our planet. Parenting intentionally involves making thoughtful decisions about chores, allowance, screens, exercise, and free time. Here you will find strategies for encouraging creativity and compassion, and a plan for raising competent adults who know how to cook a meal, keep a bathroom clean, and not just enjoy, but value family time. An intentional garden is organic and purposeful. Achterberg's contagious passion for gardening encourages the reader to grow a garden in any space – even a pot in your window. Celebrating intentionally infuses holidays with more meaning and less stress, more joy and less excess so that the true purpose of the celebration shines through. An intentional life is a life lived on purpose. It is not complicated. It asks you to cease being a standby passenger in this world and begin making decisions for your life, your health, and your family that are not dictated by the media or the masses. It is living a life that requires no excuses.

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