



Mountain Mantras: Wellness and Life Lessons from the Slopes

Kathryn Kemp Guylay

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Are you looking for inspiration to tackle life's challenges? Want to learn simple ways to live life more fully, with more energy, and with greater success?

Mountain Mantras: Wellness and Life Lessons from the Slopes uses stories from the author's personal life as an engaging, often hilarious, backdrop for studying wellness and life lessons. From starting a nonprofit to her family's journey west and her humbling adventures learning to ski as an adult, Kathryn's stories inspire and entertain. It doesn't matter whether you're a pro at skiing or have never set foot on the slopes. You'll learn simple tools and even games that make wellness fun.

When you read Mountain Mantras, you will learn how to: * Achieve greater success in life simply by adjusting how you perceive events around you. * Discover a 6-step framework you can use to overcome obstacles in your own life. * Use vision and visualization to turn your dreams into reality. * Learn strategies to engage fully in life, while experiencing improved health and vitality.

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