



# Mindful Eating 2017 Wall Calendar

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Living a mindful life prompts us to create a mindful kitchen. Gorgeous images blended with profound words remind us to slow down and take a moment to contemplate making healthier culinary choices. Nourish the body AND the soul - cook and eat mindfully.

### Monthly Quotes:

January: Another fresh new year is here...Another year to live! To banish worry, doubt, and fear. To love and laugh and give. - William Arthur Ward

February: Cooking is like love. It should be entered into with abandon or not at all. - Harriet Van Horne

March: Health and cheerfulness naturally beget each other. - Joseph Addison

April: Think with your whole body. - Taisen Deshimaru

May: I have the simplest tastes. I am always satisfied with the best. - Oscar Wilde

June: Nature gives to every time and season, some beauties of its own. - Charles Dickens

July: It is the sweet, simple things of life which are the real ones after all. - Laura Ingalls Wilder

August: Time ripens all things. - Cervantes

September: Not what we have, but what we enjoy, constitutes our abundance. - Epicurus

October: I am happy to have some friends here in the kitchen. - Charles Olson

November: Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul. - John Muir

December: Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home. - Edith Sitwell

### Details and Dimensions:

12" x 12"

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Quotes on each page

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