



## Freewheeling: How to Let Go a Little, Love a Lot and Discover Life in All its Fullness

By Ruth Adams, Jan Harney

Authentic Media. Paperback. Book Condition: new. BRAND NEW, Freewheeling: How to Let Go a Little, Love a Lot and Discover Life in All its Fullness, Ruth Adams, Jan Harney, 'Life in all its fullness' What does this mean to you? What are the ingredients of a full life? Ruth and Jan have identified eight different aspects and gathered a wealth of material - both informative and humours - and woven it together with their own views and experience. This is a book you can write in, or dog-ear the page corners. It's meant to inspire you- to be read and actioned rather than gather dust on the shelf. The authors' wish is that everyone who reads it will be encouraged to 'let go a little, love a lot and discover life in all its fullness.'



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