

BLISS PLANET



Thrive in Goodness!

Edition 23



ADVENTURE
HAPPINESS
PEACE
LOVE
HEALTH
POSITIVITY
INSPIRATION

WELLNESS
UNITY
PLAY
COMPASSION
ECO-FRIENDLY
PLANT BASED LIFESTYLE

MY SHELTER PETS ARE

MY BESTFRIENDS



OLIVIA MUNN WITH FRANKIE AND CHANCE: ADOPTED 2016 AND 2014.
They're a little bit of a lot of things, but they're all pure love.

Welcome

Bliss Planet is dedicated to making a difference by spreading **positivity** and wellness. The more aspects of wellness a person implements the easier it is for them to thrive in goodness.

People who feel good are generally kinder and more compassionate to others and have a greater sense of oneness with all life and the planet as well. Healthy energy, words or deeds shared from one individual have the potential to positively influence countless others. When we share goodness with others we help them engage with the world in a positive manner and indirectly help people we will never meet.

I welcome you to join a quest to amplify Goodness for the benefit of people, animals, and the earth!

We are all given our own unique tools, but it is up to us what we decide to build and how magnificent it will be. When we join together in Goodness what we build will be beautiful and brilliant for when we unite we can truly make a difference!

May this message inspire you to explore the possibilities that your Goodness has to offer!

Your ally in

GOODNESS.

STEVE



Video

Each edition of **Bliss Planet** includes a video of those featured in this issue sharing their messages of Goodness. **Click the image below to view the show.**



Gratitude

Thanks to the support of our generous sponsors we are able to provide a Wellness Certification Course and other free educational materials designed to amplify the health and wellness of this beautiful earth.



THE SHELTER PET PROJECT.ORG

Contents

- Page 7
Climate Change – And Its Ill Effects on Health
- Page 12
Eco-Friendly Tips
- Page 15
Goodness Messages
- Page 23
Travel feature
- Page 26
Community
- Page 28
Events
- Page 32
Van Life
- Page 34
Being Better
- Page 43
My Vegan Story

Mantra

Think GOOD Thoughts
Speak GOOD Words
Do GOOD Deeds
May we shine our Lights in Goodness so that we may illuminate this beautiful world!

Sponsor Info

Interested in advertising in Bliss Planet while helping make a positive difference?
[Click Here For Details](#)

Subscribe Here

Get a new edition of Bliss Planet delivered to your inbox regularly with an Amazing Wellness Course for free.



Thrive In GOODNESS

Bliss Planet is a public charity dedicated to helping people feel their best while teaching the world how to thrive in harmony with people, animals, and this wonder-filled planet. A Wellness Course, Magazine, e-books & a Community are all part of the Fun! And in the near future...educational Eco Villages to transform our way of living.



www.BlissPlanet.com



Become A Certified Wellness Specialist!

- Would you like to become an expert in wellness?
- Would you like to empower your health choices, friends, and clients?
- Would you like to earn an income while helping others?

If so...
the Certified Wellness Specialist program maybe perfect for you!

**Special Offer - Tuition Is Free
Thanks To Our Giving Sponsors**

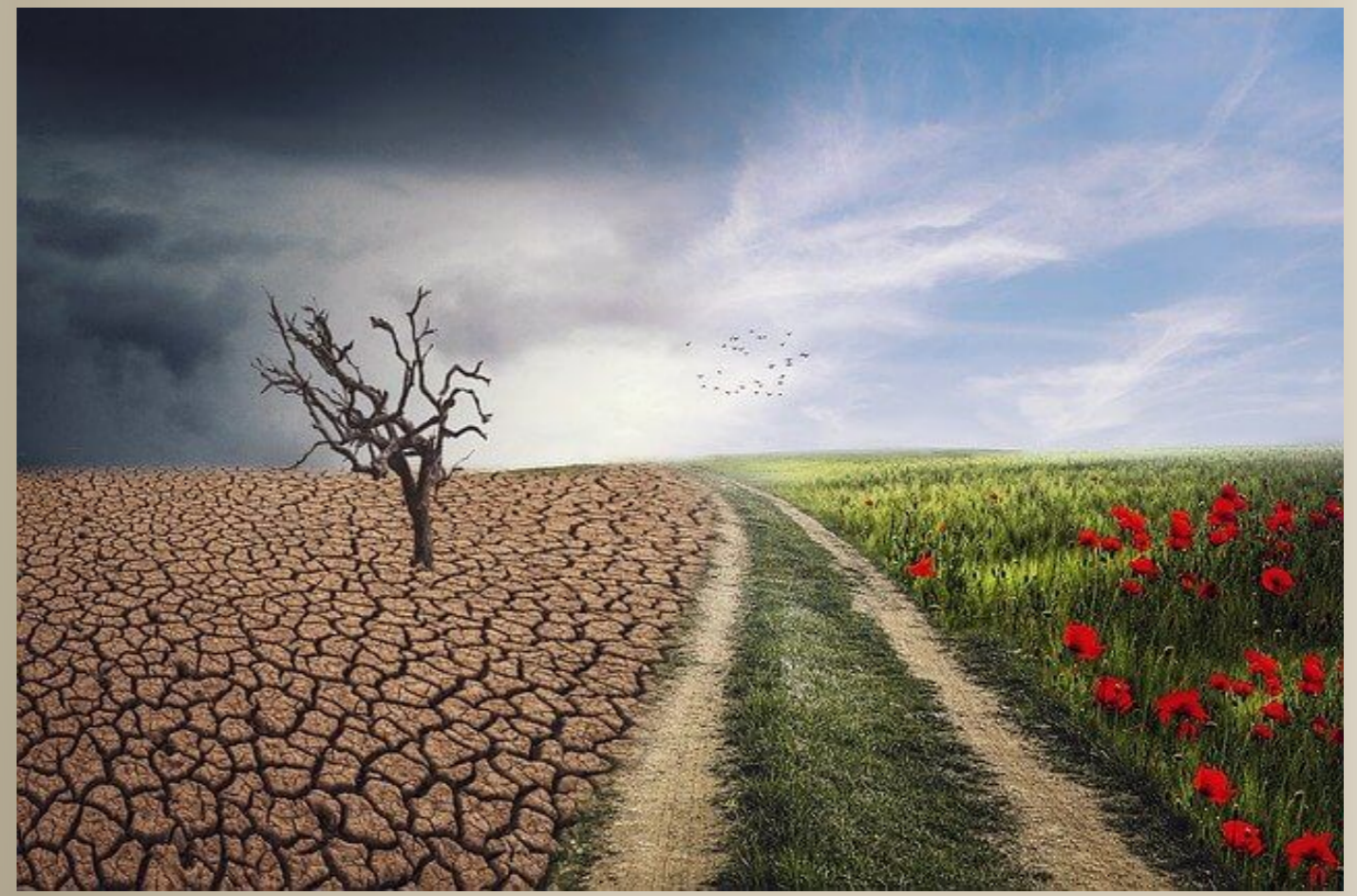
The cost for this empowering wellness course is \$795. However, because of the generous support from sponsors this course is gifted through our scholarship program. Act soon to secure your scholarship!

Visit www.BlissPlanet.com
for more information on this amazing wellness opportunity.



Climate Change Its Ill Effects On Health

By Doctor Pran Rangan



The temperature increase in the atmosphere is more specifically referred to as **global warming**. But the climate change is the term currently favored by scientists, as it explicitly includes not only Earth's increasing global average temperature, but also the climate effects caused by this increase.

Any gas, which has the property of absorbing infrared radiation emitted from Earth's surface and reradiating it back to Earth's surface, is called greenhouse gas. Carbon dioxide, methane, and water vapor are the most important **greenhouse gases**. Other greenhouse gases include, but are not limited to, surface-level ozone, nitrous oxide, sulfur hexafluoride, hydro fluorocarbons, per fluorocarbons and chlorofluorocarbons.

Though a naturally occurring phenomenon, the greenhouse effect results in a warming of Earth's surface

and troposphere – the lowest layer of the atmosphere. Of the greenhouse gases, water vapor has the largest effect.

Some important causes of **greenhouse effect** include burning of fossil fuels such as coal, oil and natural gas, deforestation, increase in population, farming, and industrial wastes and landfills.

Greenhouse gases trap heat in the atmosphere. With higher than normal concentrations, they lead to unnatural warming. The main cause of the current global warming trend is human expansion of the greenhouse effect, a warming that results when the atmosphere traps heat radiating from Earth toward space.

Even a small global temperature increase could lead to troubling consequences like rising sea levels, population displacement, disruption to

the food supply, flooding, and ill-effects on health. As a matter of fact, human health bears the greatest brunt of the consequences of the climate change.

III-effects of climate change on health -

Climate change can affect human health mainly in two ways: first, by changing the severity or frequency of health problems that are already affected by climate factors and second, by creating health problems in places where they have not previously occurred.

Effects of temperature increase -

Increasing concentrations of greenhouse gases lead to an increase of both average and extreme temperatures. This can compromise the body's ability to regulate its temperature. Loss of internal temperature regulation can result in a cascade of illnesses, including heat cramps, heat exhaustion, heatstroke and hyperthermia in the presence of extreme heat, and hypothermia and frostbite in the presence of extreme cold. Temperature extremes can also worsen chronic conditions such as cardiovascular disease, respiratory disease, cerebro-vascular disease, and diabetes-related conditions. People working outdoors, socially isolated, economically disadvantaged and those with chronic illnesses are more vulnerable to the impact of temperature increase.

Effects of air quality -

Climate change has modified weather

patterns, which in turn have influenced the levels and location of outdoor air pollutants such as ground-level ozone (O3) and fine particulate matter. Increasing carbon dioxide (CO2) levels also promote the growth of plants that release airborne allergens. Higher pollen concentrations and longer

pollen seasons can increase allergic sensitization and asthma episodes, thereby limiting productivity at work and school. Poor air quality, whether outdoors or indoors, can negatively affect the human respiratory and cardiovascular systems.

Effects of extreme events -

Climate change causes an increase in

the occurrence and severity of some extreme events, which can have health impacts such as death or injury during an event, for example, drowning during floods. Health impacts can also occur before and after an extreme event, as individuals involved in activities such as disaster preparation

and post-event cleanup put their health at risk. The severity and extent of health effects associated with extreme events depend on the physical impacts of the extreme events themselves.

Vector borne diseases -

Vector-borne diseases are transmitted by vectors, which include mosquitoes,

ticks, and fleas. These vectors can carry infective pathogens such as viruses, bacteria, and protozoa, which can be transferred from one host (carrier) to another. The seasonality, distribution, and prevalence of vector-borne diseases are influenced significantly by climate. Climate

change is likely to have both short- and long-term effects on vector-borne disease transmission and infection patterns, affecting both seasonal risk and disease occurrence over decades.

Water related diseases -

Climate change is expected to affect fresh and marine water resources in ways that will increase people's exposure to water-related contaminants which cause illness. Water-related illnesses include waterborne diseases caused by pathogens such as bacteria, viruses, and protozoa. Water-related illnesses are also caused by toxins produced by certain harmful algae and by chemicals introduced into water sources by human activities. Exposure occurs through ingestion, direct contact with contaminated drinking or recreational water and through consumption of contaminated fish and sea food.

Effects on mental health -

Mental health consequences of climate change range from minimal stress and distress symptoms to clinical disorders such as anxiety, depression, post-traumatic stress, and suicidal tendencies. The children,

elderly, women (especially pregnant and post-partum women), people with preexisting mental illness, economically disadvantaged, and homeless are more exposed to its mental health consequences.

Effects on food safety and quality -

Climate change is very likely to affect global, regional, and local food safety





by disrupting food availability, decreasing access to food and making utilization more difficult. Higher concentrations of CO2 can lower the levels of protein and essential minerals in a number of widely consumed crops, including wheat, rice, and potatoes, with potentially negative implications for human nutrition. Poor nutritional quality of food is more likely to affect adversely the vulnerable sections of the population.

The bottom line -

Over the last 50 years, human activities have released sufficient quantities of carbon dioxide and other greenhouse gases to trap additional heat in the lower atmosphere and affect the global climate. According to WHO (World Health Organization):

- Climate change affects the social and environmental determinants of health - clean air, safe drinking water, sufficient food and secure shelter.

- Between 2030 and 2050, climate change is expected to cause approximately 250000 additional deaths per year, from malnutrition, malaria, diarrhea and heat stress. So, in view of the serious

repercussions of climate change on human health, we all have to make concerted efforts to reduce emissions of greenhouse gases through better transport, food and energy use choices so as to improve our health particularly through reduced air pollution. Climate change has become a global issue because it causes myriads of ill-effects, including those on human health. Climate change has to be tackled by individual nations as well as people living there.

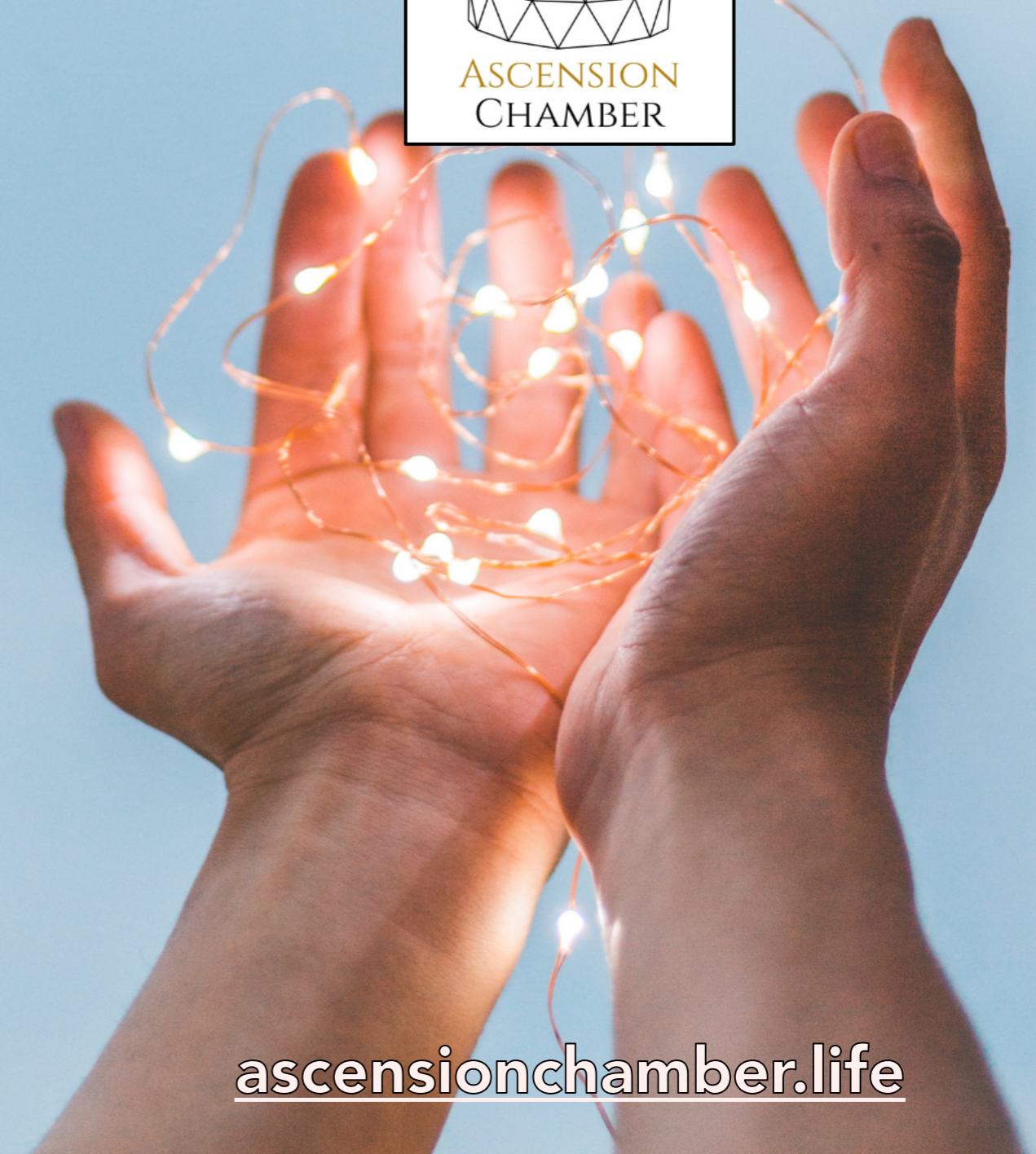
Author:

Doctor Pran Rangan

I am a physician with an expertise in writing articles on health related topics. My areas of special interest are cardiology, diabetes and exercise and fitness. I also write articles on spirituality.



What if the BODY could HEAL itself by receiving the proper information and frequencies it lacks?



ascensionchamber.life

10 Eco - Friendly Tips



1. To completely degrade a plastic cup takes at least 450 years. Use a reusable Mug instead.
2. Using a reusable shopping bag will save you at least 500 plastic shopping bags a year.
3. Harmful Styrofoam clams and plastic cutlery end up in our oceans killing marine life...swap them out for reusable containers and bio cutlery.

4. Old light bulbs use 12 times more power than an LED bulb and last a small fraction of the time. An LED bulb can last 50,000 hours.

5. When you leave the room or house don't forget to switch off your AC fan and lights to save power.

6. Rechargeable batteries are ideal in comparison to single use ones that pollute our environment and caused chemical health hazards as well.

7. Don't throw everything away through up-cycling you can give many things a second or even third life.

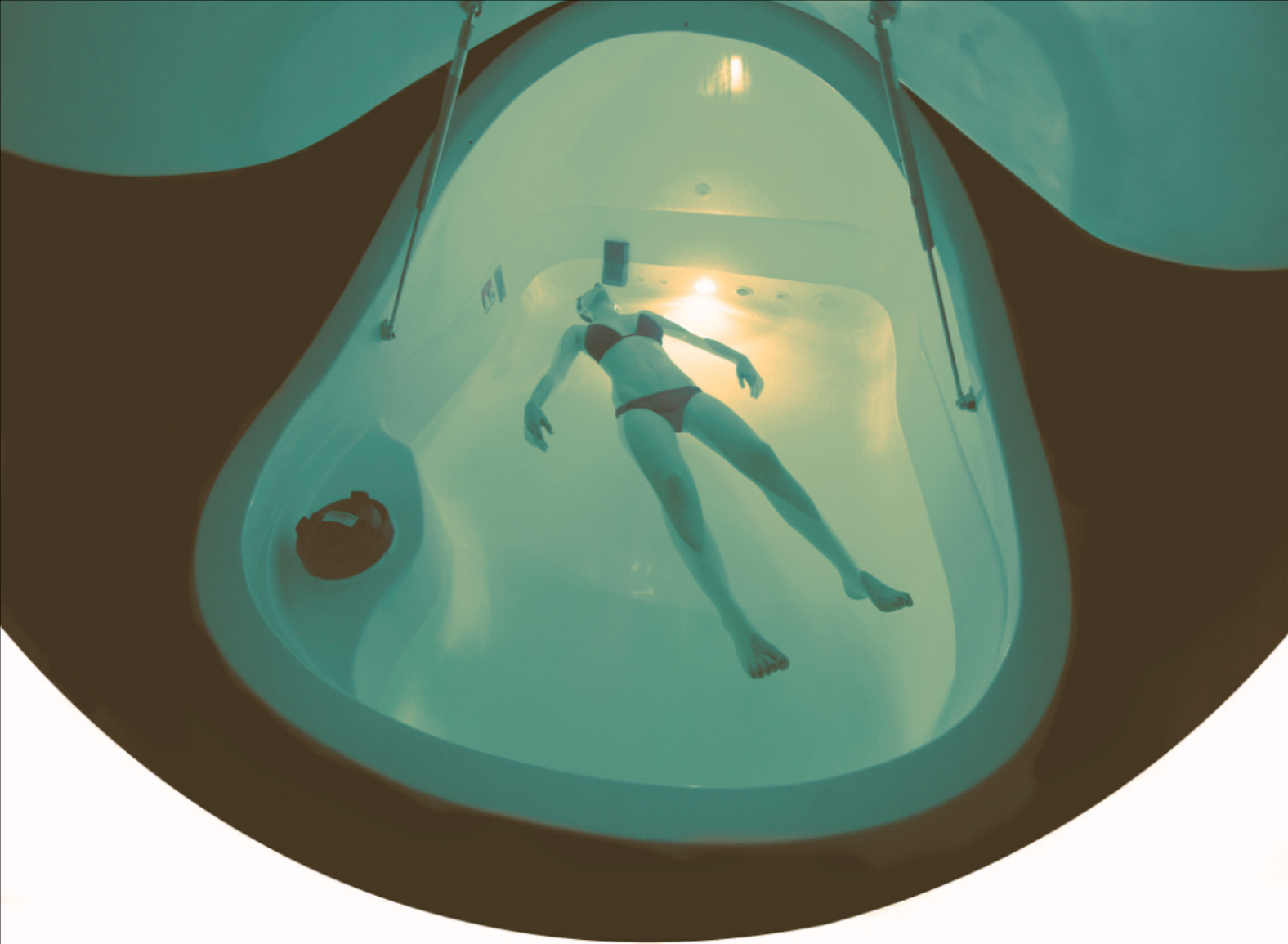
8. Plant a mangrove and plant a house. These trees make up homes for many different forms of life.

9. Instead of everybody taking their own car to car try to meet new people on the bus.

10. Don't always go to the chain supermarket try for more locally sourced products such as fruits and vegetables.

ENVIRONMENT





TRUE RELIEF. TRUE RELAXATION. TRUE REST.

True REST® (Restricted Environmental Stimulus Therapy) is a zero-gravity environment that allows the mind and body to truly rest. Using 1,000 pounds of Epsom Salts, the buoyancy of the water makes floating on water feel like floating on air. You can effortlessly relieve pain, relax, recover, and improve sleep in this unique state. The benefits are endless; experience The Science of Feeling Great®.



TrueREST.com



/TrueREST



@TrueREST



@TrueRESTfloatspa

[TrueRest.com](https://www.TrueRest.com)

Goodness Messages

If You Only Had 1 minute Left To Share The Wisdom You've Learned On This Journey Called Life... What Would You Say?



I would say that my mindset is just appreciating the little things in life and even through the darkest times and the roughest patches just knowing that you'll make it out on the other side and you'll be stronger and things will be better than ever.

Take advantage of life take advantage of the opportunities that are given to you or make your own opportunities because with enough drive and passion you can be anything you want to be and you can go anywhere you want to go!

Maya Eve

You've got to smile, and just enjoy every moment, and you've got to live consciously. Realize that any breath could be your last. Fill every moment with love and peace. I think in moments like this...you realize that you can't really take anything for granted and I think I find most of that in nature and most in moments like this with kind friends.

Luke Jarrin

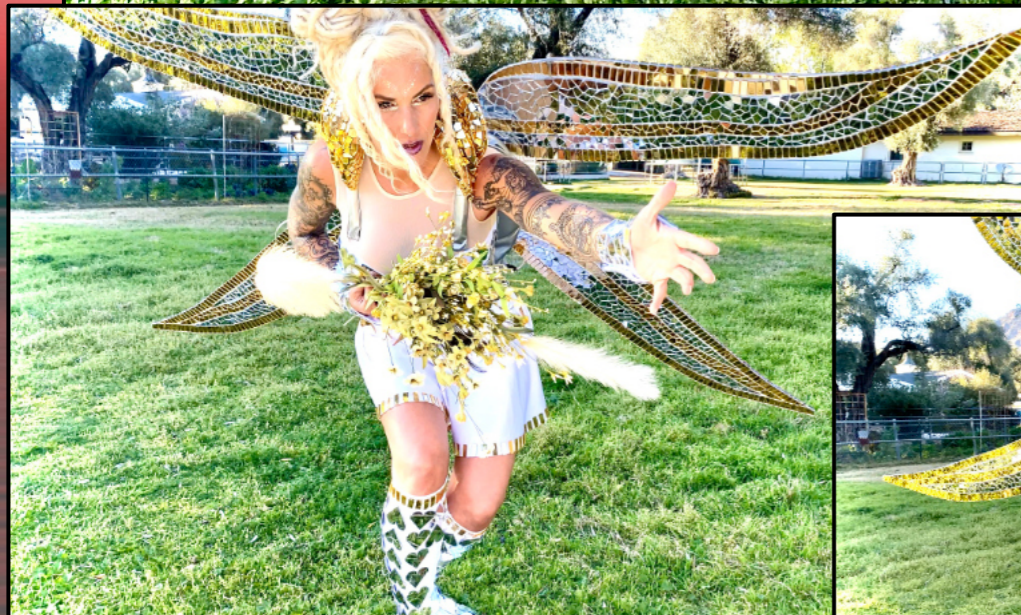


Do you and be authentic and be creative every day. And just be wild and crazy and outrageous and always have good intentions.

When you get up in the morning....once you put your feet down say "Thank you."

Don't care about if people are going to accept you or if you're good enough. Just believe in why you are here.

Bhavani Hope



Goodness Steve asked if I had one minute left to live what is some wisdom I would share with people.

Follow your dreams, your thoughts become your reality and also what you surround yourself with will become you.

If you constantly have a thought and goal it will become true. Don't let anyone tell you no! Have a great day!

Aaron Dissell Burnside

INSPIRATION

*Watch Aaron's music video
Broken Roads*





My Goodness Message for everyone is to make sure to not let your insecurities dictate your life. And to be brave and do your thing. And always do what makes you happy!

Loghan Campbell

Find yourself a good set of values and just run with that and stick to it for life and you will be alright!

Kenyatta Anthony



**MAKE THE FOREST
PART OF YOUR STORY**



Remember the last time your family visited the forest? It's a place of wonder and imagination for the whole family—where stories come to life. And it's closer than you think. Sounds like it's time to plan your next visit. Make the forest part of your story today at DiscoverTheForest.org.

DISCOVERtheFOREST.org



Smokey Says...
DON'T KEEP IT
LIT.
EXTINGUISH
IT



FOLLOW THE RULE, STAY  UNTIL ASHES ARE COOL

SMOKEYBEAR.COM



TRAVEL



The purpose of life, after all, is to LIVE it, to TASTE experience to the utmost, to reach out eagerly and without fear for newer and richer experience.

Eleanor Roosevelt

The Narrows is an enchanted hike at Zion National Park.

The NARROWS at Zion National Park

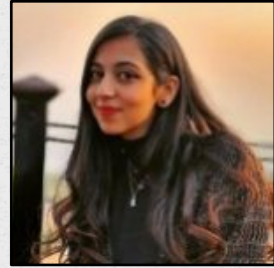


The Virgin River flows through the narrowest section of Zion Canyon at Zion National Park in Utah, United States which is called "The Narrows". The 3.6 mile bottom-up hike from the Temple of Sinawava to Big Springs, and the top-down hike from Chamberlain's Ranch back to the Temple of Sinawava that is 16 miles are considered *The Narrows*. Recommended essentials for a Narrows Adventure are Hiking boots, neoprene socks, trekking poles, water-resistant outdoor pants, long-sleeve shirts, and dry bags. If you haven't explored this enchanted destination be sure to add this to your list of adventures!



The World is our Playground....Let's Fill it with GOOD and PLAY!

Adopt Not Shop



By Tehreem Fatima

Posts taken from the Forums at Bliss Planet

Have you ever happened to go to an animal shelter? Let's

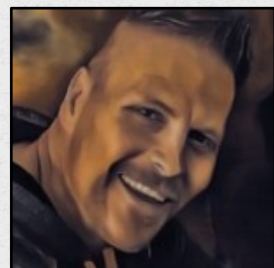
ask an easy one, have you ever seen a stray animal on the road? What do you think stray animals mean? Stray is just a discriminative word given by this society to the poor little fur babies who have no home and no caretaker. They are the same as any expensive breed! Adopt not shop is a campaign and a mindset to give homes to the animals on the roads!

The main idea that lies in this concept is to encourage people to keep pets by adopting animals from the shelters or rescuing them from the roads. They also have little dreams of survival in their tiny sparkling eyes!

I have seen people prioritizing well-known breeds over common animals. This is wrong! They are just the same, the ones on the roads and in shelters ... before any decision, look into their eyes once!

Do you know pets are the biggest stress relievers for humans?

Adopt a pet and it'll love you unconditionally, making your life blissful. **Rescue and adopt are not just words; they are a promise, a lifetime promise for happiness!**



Goodness Steve

Thank you for sharing ❤️ This is an important topic for the well-being of animals. Purchasing from breeders causes pet overpopulation

issues. Unfortunately, countless pets are euthanized because of overpopulation. Please visit the rescues and shelters – not breeders nor the stores that buy from breeders for your future pets.



Tehreem Fatima
Reply to Goodness Steve @steven

Agreed! Hope we see a change in the near future.



Sydney Shane

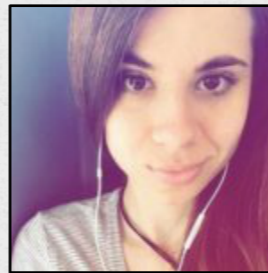
I agree with this. Except there has been a few times I've found super skinny lizards in pet shops and I bought them.

All of my animals are rescues of some sort. My horse from someone who was starving her. My cat from a barn that didn't want kittens (was giving him away at 2 weeks and I had to bottle feed him) And my dog I got off a drug addict for \$25. I agree they bring bliss. I don't know what I would do without my fur-babies.



Tehreem Fatima
Reply to Sydney Shane @sydneyshane

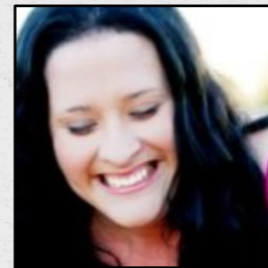
awww you're so kind! We need more people like you everywhere! ❤️



Cristina Veneziano

I love how you guys stand so strong for animal rights! I stand right next to you! People treating animals in general like they are toys makes me furious.

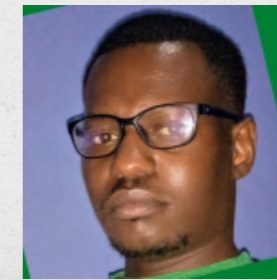
But I thank the Universe every day for people like you. People like you that knows how to give a voice to others are amazing in many ways xx



Nadine

Here in Arizona...the humane society puts down 200+ animals a day. and thats just at one facility. i just cant believe it. thats really ridiculous. we as

humans have become so irresponsible for our animals that depend on us. shame on humans!



Peter Pan
Good call, Good initiative.

Share your thoughts with your **Bliss Planet community**. We are all a piece of the Puzzle.

Start Your **Adventure** in **Wellness** and **Positivity**

Join Here

Together we can make a positive Difference!

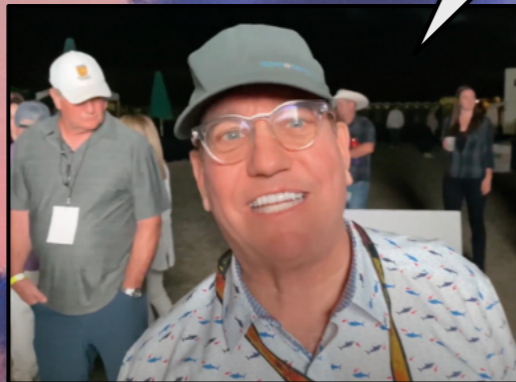
COMMUNITY



Events – Good Life Festival



The Good Life Festival at Schnepf Farms in Arizona featured music from Jefferson Starship, Grand Funk Railroad and Fran Cosmo & Anton Cosmo Formerly of the musical band Boston.



Enjoy the Good Life!
That is what it's all about. Don't over think it folks. Make your life what you want it to be!



FUN





#Dadication

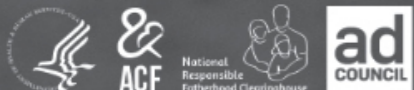
Italian Festival

T
C
Z



Find Peace with Solitude
for in the end you are all
that you've got!

Wake up every morning
with a positive mindset
because that is what type of
day you will have.



fatherhood.gov



An RV Ship Co – Creation



We are out all co-creator's sharing a cosmic dance.

What I learned is every single person to inner create and share their creation. To inner create first and share my creation and co-create. Every single person we meet has something for us...every single one...and I hope I have something for you.

Hind Baghdadi

Love yourself. We are all one. This is all what we are manifesting together. You have to start by loving yourself first.

Sarra Adhani



KoKoPello latest look with recent art from Hind Baghdadi

VAN LIFE



BEING BETTER

A Talk With Kai Whiting and Leonidas Konstantakos, Authors of *Being Better: Stoicism For A World Worth Living In*

Kai Whiting is a lecturer and researcher in Stoicism and sustainability at UCLouvain, Belgium. To relax, he likes to build Legos, enjoys watching the kids program Lego Ninjago in multiple languages and reading Robert Muchamore's Cherub series in Portuguese. His favorite music bands are Duran Duran and Soda Stereo, both of whom were famous before he was even born. If money were no object, he would plant enough trees to tackle climate breakdown, rescue foxes and red pandas, and buy the NFL's Jacksonville Jaguars.

Leonidas Konstantakos is a lecturer in the Arts and Philosophy Department at Miami Dade College. He also conducts research on Stoicism's application to just war theory in the International Relations Department at Florida International University. He is proud to have served alongside America's best soldiers through two tours of duty in the Iraq War, though he is not proud of the foreign policy that sent them to Iraq in the first place.

More information at StoicKai.com.

Why do you say that Stoicism is anything but a "dead white man" philosophy?

Stoics would have found this concept quite strange. The Stoics themselves were immigrants from all over the Hellenistic and Roman world, from the upper echelons of Roman imperial society to the lower classes of slaves

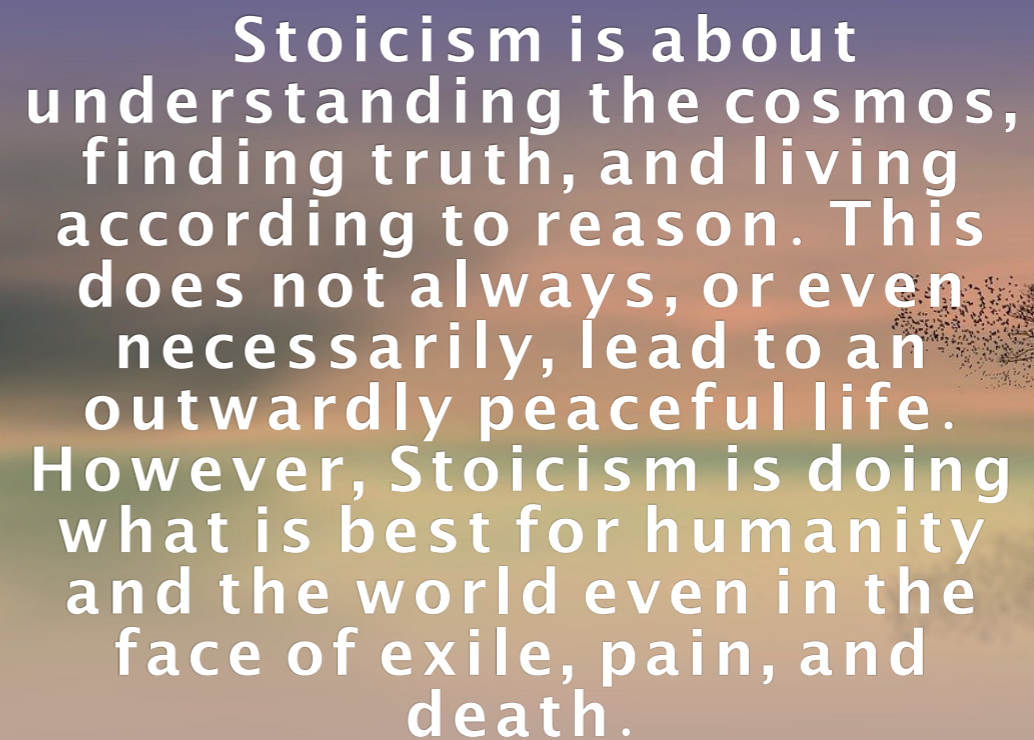
and low-skilled laborers. They understood that despite our ethnic and social differences, all humans share bonds of care, kinship, and reason. That applies today as much as it did for the several hundreds of years that Stoic philosophy was popular in the ancient world. Furthermore, while it is true that antiquity didn't provide us with any female Stoic philosophers, there were plenty of examples of women who worked with male Stoic philosophers to improve their world and the lives of their fellow human beings. One such example involves a Spartan Queen who uses Stoicism to improve the lives of her subjects – as you will see in our book.

"Silicon Valley Stoicism" focuses on corporate exploits, but your book states Stoicism is much more community-based than that — where have they got it wrong?

The Stoics would have found it strange that their philosophy is being used as a life hack or a mere self-help method. Stoicism is about understanding the cosmos, finding truth, and living according to reason. This does not always, or even necessarily, lead to an outwardly peaceful life. However, Stoicism is doing what is best for humanity and the world even in the face of exile, pain, and death. As the Stoics stated in their pithy aphorism, "Life is warfare." It is not about making as much money as possible for the sake of creating wealth.

It's about participating in our local and global community and supporting others in our life-long journey towards the good life.

You state that self-help shouldn't be only about the self. Doesn't that seem like a contradiction in terms?



Stoicism is about understanding the cosmos, finding truth, and living according to reason. This does not always, or even necessarily, lead to an outwardly peaceful life. However, Stoicism is doing what is best for humanity and the world even in the face of exile, pain, and death.

On the contrary: If the self were the only aspect of 'self-help,' the Stoics would have given up their doctrines and joined the Epicureans in their beautiful garden away from politics, their families, and stress. The Stoics, rather, understood that to live naturally and happily is to live and act according to your social roles; the most important of those roles was the role of rational human being. To help oneself is not to be 'unfeeling like a statue' toward others, but instead to exemplify one's humanity by caring for those persons in one's social circles, including even the furthest circle of complete strangers. The Stoics saw themselves as little parts in a larger Whole. By being excellent citizens of the world, they believe that we become fulfilled human beings.

Stoicism is an ancient philosophy but yet your book talks about climate breakdown, the civil rights movement, and economic inequality. How can you say that ancient wisdom has something to say about modern life?

The Stoics never slavishly followed rules, but instead trained themselves to look to what is appropriate for a rational and social human animal. Justice, for the Stoics, develops from what is appropriate to such a being: searching for that which is necessary to maintain one's reason and life, and by cooperating to do the same for our human brethren. The Stoics knew that going beyond the bounds set by nature leads to a limitless desire, which in turn makes us cruel, selfish, and miserable. There are certainly aspects of contemporary life that reflect our false belief that nature is limitless – it has, at least in part, led to environmental issues. The latter, if allowed to proliferate, will increase inequality because it won't be only about money but also about access to clean air, clean water, and fertile land. There is a lot Stoicism can teach us about how our beliefs impact our reality and how we would be wise to set and reflect on what Nature teaches us. It's foolish to believe that moderns know all there is to know. We are not so

different to the ancients: we still get angry, jealous, and there are times when we refuse to see reason. In addition, while we may do some things better, but we also do a lot of things worse.

In social media Stoicism has often been the darling of the alt-right and toxic masculinity (Donna Zuckerberg wrote her book on this), but your book makes it clear that ancient Stoicism would have been pro-feminism, where feminism means equality of opportunity regardless of gender. Please explain.

The Stoics understood that there were things in one's control and things outside of one's control. It would have seemed unclear that someone should be treated favorably merely because of their gender or social status. Though Stoics, like anyone else, were products of their time, and yet they were able to see past much of what their society's customs took for granted, and recommended that women be educated just as men should. There is no place in Stoicism for a belief in the supremacy of any gender, race or nationality! The Stoic vision is cosmopolitan and any differences are based on our character, which we can choose to develop or ignore.

Stoicism and Sparta are often linked by male lifehackers because of a perceived sense of toughness but your book talks about a Spartan queen and land reforms! Why is the popular perception and historic reality so different?

Stoicism and the Spartans both emphasized toughness, austerity, and virtue. The common conception of a Spartan as a single-minded killing machine is a poor image of the Spartans throughout history who, like the Stoic Spartan king, Kleomenes III, and his queen, Agiatis, worked towards the common good. Kleomenes, with



a

willingness to sacrifice, or simply ignore, the virtue ethics that are so fundamental to Stoicism. By going back to the Ancient's ideas and the stories about the lives of particular Stoics, we hope that our book changes some people's minds on what being Stoic means in the 21st century.

Why follow Stoicism? Why not follow Aristotle? After all, he is more famous.

Much more famous, indeed! Putting aside the differences between the Stoics and Aristotle in other branches of philosophy such as metaphysics and epistemology, the Stoics would have disagreed with many of Aristotle's positions, some of which we might now call racist, misogynistic, and ethnocentric. Unlike Aristotle, the Stoics believed that a flourishing and successful life can exist in the absence of wealth, and without what Aristotle considered to be the "right" place of birth, or gender. For Stoics, the only that thing that matters for true human flourishing is our character, something we can build up via a lifetime of making correct judgments about what is good and bad, and true and false.

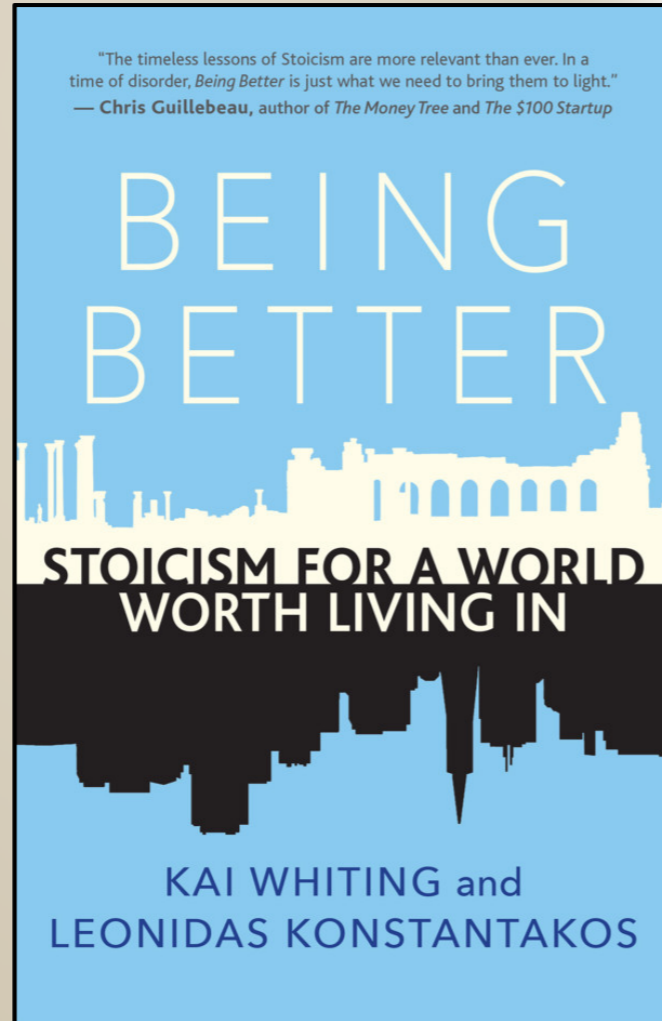
In Chapter 8, you tell the story of Muslims bridging the gap between themselves and the local English community through the building of an eco-mosque. Why do you say that is a good "Stoic" example? Is Islam and Stoicism the same?

No religion is synonymous with Stoicism. There have been Stoics who were very religious, like Cleanthes and Epictetus; and Stoics who were quite cynical about religion, like Zeno and Seneca. In a word, we could call the Stoics "pantheists," since their deity, sometimes referred to as Zeus, was not an anthropomorphic sky-man



Library, and had more than a little help from our friends and family. We enjoyed the journey and hope that, perhaps (if Zeus grants), more books will follow.

Special thanks to New World Library



Being Better: Stoicism for a World Worth Living In By Kai Whiting and Leonidas Konstantakos

Category: Philosophy / Personal Growth
 US Pub Date: April 6, 2021 * UK Pub Date: May 6, 2021
 Price: \$16.95 * Format: Trade Paperback * Pages: 168
 ISBN: 978-1-60868-693-3 * Also available as an ebook

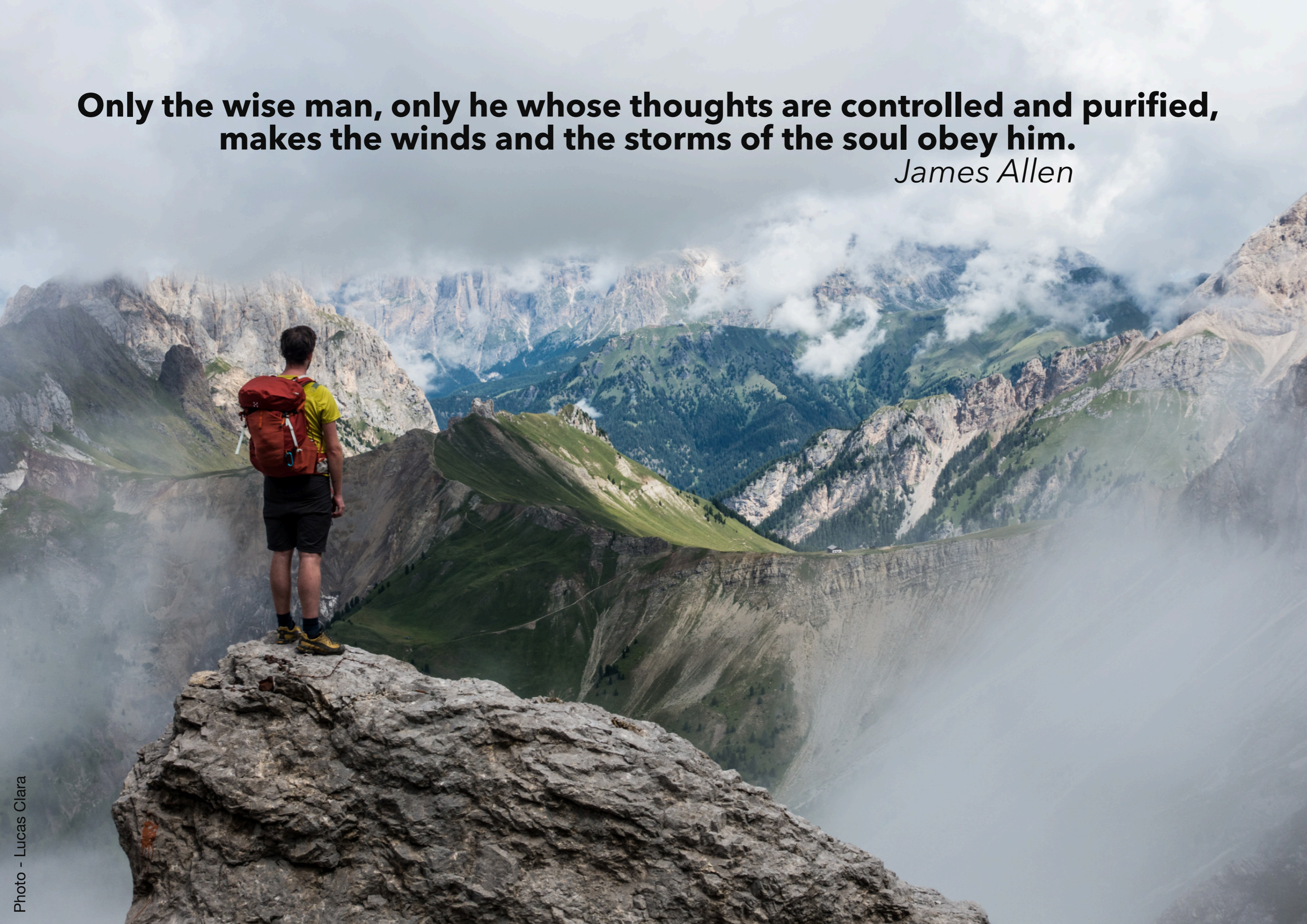
them) is certainly up to us. Stoicism also provides us with a framework to look to our social roles to see what exactly we can do.

What is like to co-author with someone you have never met? Our partnership is a living example that there are no self-made men and that no one is an island. Without the other, this project would have never happened due to one author's introversion and another's lack of historical Stoic perspective. There were a lot of emails and long phone calls. Some days were easier than others. A strong sense of humor and a considerable dose of humility is essential. Two extroverts might have killed each other, and two introverts might never have met to even collaborate! We did manage to balance each other well. We worked hard to have made this work, we were lucky to have been given a supportive team in New World



**Only the wise man, only he whose thoughts are controlled and purified,
makes the winds and the storms of the soul obey him.**

James Allen



ATMAN Onine Yoga Academy

LIVE Online Yoga classes in 7 languages: English, Romanian, Spanish, German, French, Italian and Russian.

Courses are not just recordings – they are taught live, in real time, with both practice and theory by internationally certified yoga teachers.

First class is FREE



www.yogaonlineacademy.com

My Vegan Story

I decided to go vegan on April fools day of 2018 which was also Easter. I have a twin sister and went to her house where there was nothing but meat there so I brought my own food. I was made fun of that I brought my own food, but that goes with my lifestyle.

I don't push being vegan on anyone else. I have a lifestyle of, "I'm gonna do this and if you guys want to follow then that's great."

I gave up red meat when we had to give up something in yoga before going vegan. I lost five pounds and felt it was great as I wanted to be quicker and that happened for me. I slowly incorporated my lifestyle to be consuming almond milk as I gave up milk, cheese and eggs. I met this vegan bodybuilder, an ex boyfriend, Ryan Nelson...a trainer and fit guy. I was impressed that he was a bodybuilder who gave up eggs and realized that is what I could do as well to improve my health.

I would visit the doctor and always shake as that was always me. I was told that nothing was wrong with me except having high cholesterol. I would wonder how I could have high cholesterol. That makes no sense to me as I was one of the people who rarely ate fries because I always



wanted to look good and be athletic.

I got into CrossFit and gave up eggs and animal products. A lot of people think that because I am vegan I can't have muscle. I did a bodybuilding show and 4 weeks away from the show my trainer said that I wasn't lean enough. They told me that I needed to eat fish. I wondered how they could tell someone who is vegan that they need to eat fish to get lean. I had a strong mindset that I could run

Previous Edition



more. They told me that I was done unless I eat fish. They didn't understand that it was my lifestyle. I went back to Ryan and asked him for advice as I wanted to make a statement as I was lean, but not stage lean. He asked me what I ate as I had a lot of Tofu. I switched to Tempeh and that was a game changer. I learned the importance of food and how it works for my body as every body is different. **I got lean and my old trainer who told me I wasn't lean enough had to watch me walk up on stage and win 1st place three times.**

It was a mental thing for me. You have to be ok with yourself. I did loose a lot of friends in the process, I quit my job...I made a new job and it's better for me. I felt it was a wake up call by having someone tell me I wasn't lean enough.

If you want to achieve a goal. Look at yourself in the mirror and ask yourself, "What do I have to do to make myself get to where I want to be?"

Linzy Granger

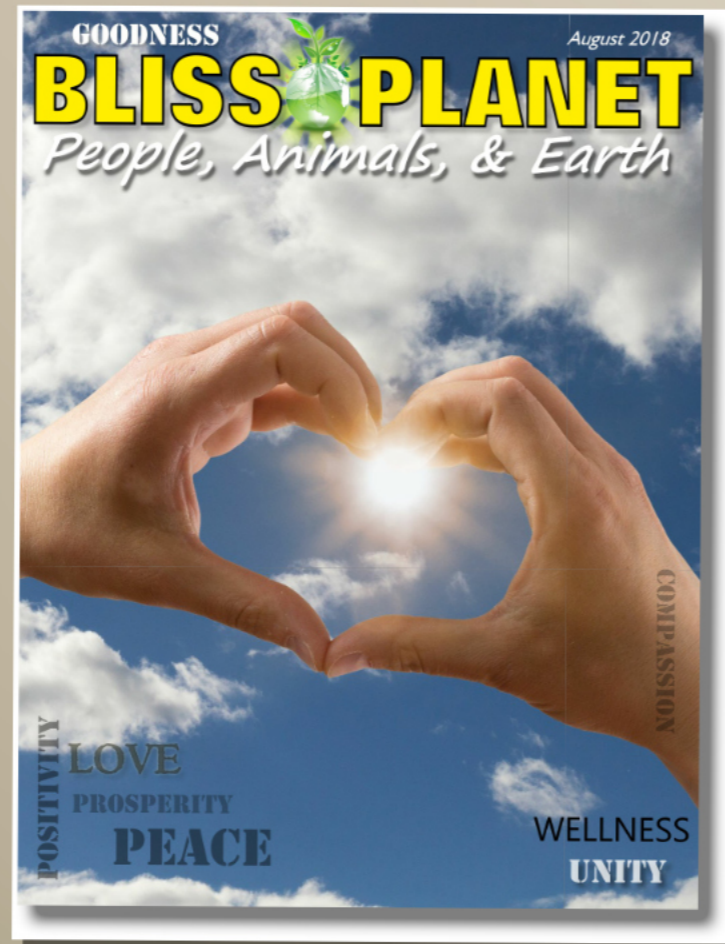


[Click to View](#)

Past Editions

Amplify Your Goodness

Click on your Choices to View



More Publications

Amplify Your Goodness

Click on your Choices
to View

