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**LIVING SLIM, HAPPY AND
STYLISH DURING THE COLD SEASON**



How to be *Chic* in the *Winter*

Fiona Ferris

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How to be Chic in the Winter: Living slim, happy and stylish during the cold season



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I decided to write this book as a kind of insurance, to remind me of my exciting winter plans. You can experience everything growing still and soft; They do not enter the spring period stressed out; The most stunning colours can be found outdoors at this time. This was me! You have ploughed headlong into wintertime without design or program; you are putting on the same clothing as this past year because you haven't put believed into your wardrobe; you have put on pounds from indiscriminate eating and you also are complaining in your mind, or worse, out loud that 'it all's cool today'. Despite the natural beauty, despite your looking forward to the coziness of winter, you discover a few short weeks later on yes, again, things have gone awry. Many warm-blooded creatures hibernate when it is cold out and opt for their natural instincts by doing so. nature is slowing down and people are getting cozy. rather, animals getting up from hibernation are coming to sleepily, well rested and prepared for the warmer time of year; so, why don't; It is easy to end up being enthusiastic about the winter season once the leaves are turning. We would not fall asleep for months at a time, but perhaps we can have a leaf out of their book and make each winter season a mental spa time of rejuvenation, beauty and enjoyment. Late summertime heading into early autumn/fall is definitely such a lovely time of the entire year. t we? Fall fashions are usually fun to anticipate, also for a non-fashionista like me - the September issue of Vogue! I can rekindle my like for the colours of plum, navy and camel at this time of year. Create a winter menu program Breakfasts which are warming, filling and healthy Lunches for work and home Dinners - tweak the wintertime classics Snacks Fiona's; I started this reserve in autumn, and am now finishing it up in springtime. This book can be a toolkit of all ideas that have worked so well in previous winters, as well as new ideas I wish to capture. (sausages) and mash Parmesan chicken Crumbed poultry Pasta Bake Rice Bake Apple and Boysenberry Crumble Bliss Balls Chapter 3. check's environment! Browse 'How to be Chic in the Wintertime'; to discover my technique for not only surviving, but thriving this winter season; on how best to have a fashionable and beautiful winter weather and emerge, such as a butterfly prepared for a striking spring and summertime. Contents Introduction Chapter 1. Create your ideal chic winter weather Bonus journal questions To finish About the author But several months later the novelty has recently worn off. s favourite winter season recipes Red Lentil and Tomato soup Pumpkin Soup Vegetable soup Spaghetti Bolognese Savoury mince Shepherd's; Work on feeling good Home as your winter season sanctuary Dress in clothing that make you feel good Be cozy if you are at house Look after your grooming Keep well Chapter 5. Bangers'; I am so pleased to have tried all my suggestions out in a 'Break up the long winter season Learn something or have a project to complete Keep active Become social Chapter 4. s pie Roast chicken 'Keep your inspiration up Do things quickly If you are a summertime person Make programs for the next six to twelve months Chapter 6. Understand that winter season is a different season Start winter with a goal Be ahead of the game Anticipate winter Chapter 2.



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Great encouragement for anybody I've actually enjoyed reading "How to end up being Chic in the wintertime. She actually is a born & Love it Full of inspiring and practical tips that you could adopt to have the wintertime of your dreams. Fiona had my interest early, when she wrote "Please usually do not wish away the cold time of year, because that means you are wishing your life away; It was as if some published their journal. Not long ago i picked up this one once again and used two of the quality recipes in one chapter. Five Stars Love it! Fiona's suggestions can apply even if you enjoy the cooler months -- her themes hold true if you hate warm weather instead, or if you are struggling in a less than optimal place of work, or coping with a chronic illness. Her tips and encouragement to THRIVE in all circumstances can apply to anyone. I will definitely be re-reading Fiona's publication and posting it with my friends. This is perfect timing to understand this little book This was perfect timing to understand this little book. Like her thoughts! This reserve will not disappoint. I reside in Canada with longer dark winters. Probably I should publish mine! There are a great number of really simple ideas for anyone attempting to have Chic Wintertime and avoiding the winter blues. Everyday that I can I go for a walk outside and really live in the instant enjoying the new air. No more complaining about the cool and the snow. Winter planning Something special for my child spending her initial northern wintertime in Canada." I've been surprised by how completely Fiona Ferris regarded as the subject and all of its facets. raised southern Florida beach girl & where I live, winter is 5 months long. Five Stars Great book. Planning Winter Eye opener to planning Winter - planning everything from food to wardrobe which will increase enjoyment instead of waiting impatiently for Spring and Summer - some of the book seemed to repeat and some of the details we have heard but more often than not an excellent read that really helps to put a new face on enjoying wintertime. just what a delight! it's quite the shock ! this book is like sitting with a companion and strategizing the simplest way to complete it. thanks Fiona :) About Winter This is a lovely book, very upbeat and positive in attitude. All the suggestions are doable, nothing much fetched or unrealistic. A little bit short, I'd like to hear more! Nice book We tend the get the winter blues and thought this book offered some fun and practical assistance for making improvements in your house and mindset. An extremely positive book. Good recommendations, but not quite reserve worthy. Quick easy read Love it! Quick easy examine. Great suggestions to enjoy winter even more. Now want to buy all Fiona's books. I have enjoyed Fiona's blog HOW EXACTLY TO Be Chic for a long period. Not a Fan This was not my cup of tea. why not enjoy yourself instead? I have taken her information to heart not to wish the winter away but to embrace it. Hopefully this charming reserve will help her discover that she needs a "program" to thrive rather than survive and to see it as just a 'season' . It's about our attitudes and our choices at every challenging change of life. More blog than book I really enjoyed her book "how to be chic" and had hoped for a bit more from this. Love it! More of a blog collection. She were able to make many very helpful and thoughtful points while writing with a casual, accessible style. I really like all her books. Another great book I love all her books. This publication is full of suggestions given in her pleasurable style that is a pleasure to learn. It's high praise that I return back and read all her books more than once." This book isn't only about winter, folks! I look forward to her next book. Please read in the event that you really do not like winter. My wintertime has recently improved from the great ideas included, and I love Fiona's books therefore to truly have a new one to begin the winter season is great. Thanks, Fiona!



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