



Watching The Daisies: Life Lessons on the Importance of Slow (Paperback)

By Brigid Gallagher

Orla Kelly Self Publishing Services, Ireland, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Millions of people around the world suffer from fibromyalgia; the majority of them are women. As yet, there is no cure. In this memoir, Brigid P. Gallagher shares her experiences on: The busy life she followed before succumbing to this debilitating disease Stopping and soul searching for answers to her vast array of symptoms Entering a new life of SLOW Drawing on her knowledge and experience as a Natural Medicines therapist, she seeks out therapies to aid her healing and integrates a variety of self help techniques and lifestyle changes. She also unearths a love of solo travel including Egypt, India, Rome, Lourdes, Carcassonne and Bali. Brigid learns many insights about LIFE on her journey, the most valuable being: First learn to love thyself. In 2006, she began a new career in Organic Horticulture eventually teaching part time in schools. Although she has now retired from teaching, she continues to pursue her lifelong passion for gardening and watching the daisies.



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