

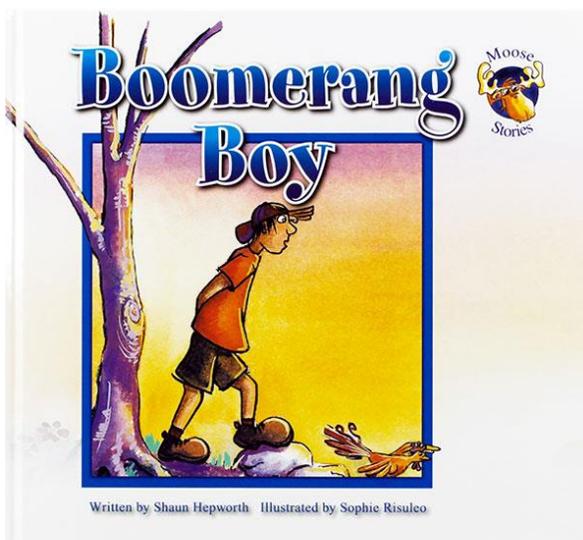


This 10-Minute Habit Is Better Than a Private Education



“Evidence shows that the difference between those who get bedtime stories and those who don’t is bigger than the difference between those who get elite private schooling and those that don’t,” says British academic Adam Swift. [Read more](#) . . .

A Great Bedtime Read



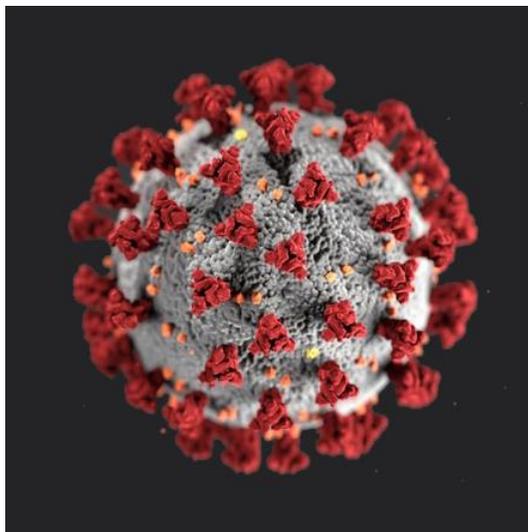
Boomerang Boy (Moose Stories Series)

by Shaun Hepworth

A story that teaches that the grass isn’t always greener on the other side, and that they are valued and loved unconditionally.

[Buy Now](#)

Coronavirus Versus Your Immune System



Your immune system is your foundation for good health. Its protective network wards off harmful bacteria and viruses, dismantles harmful toxins and acts as a surveillance system against abnormal cells.

[Read more](#) . . .

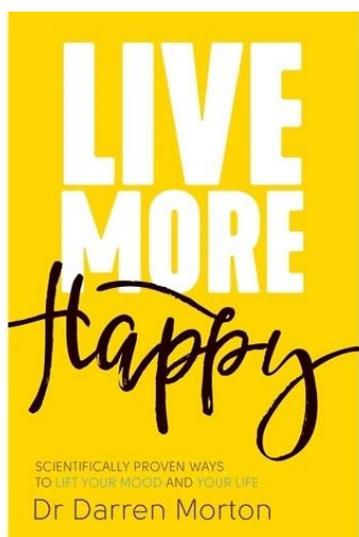
The Trick for Combating Negative Thinking



To really engage our brain in positive thinking, there are three questions in particular that can direct us toward a happier mindset and they relate to how we look to the positive in relation to the past, present and future.

[Read more](#) . . .

Book of the Month



Live More Happy

by Dr Darren Morton

Join the journey toward living more, feeling better and finding happiness, with scientifically proven ways to lift your mood and life.

[Buy Now](#)

Recipe of the Month

Greek Potato Cake



Makes 8 cakes

Ingredients

1 kg white potatoes unpeeled (around 3 large)

6 cups boiling water

½ cup sun-dried tomatoes

3 spring onions

1 small red onion finely diced

1 teaspoon ground cumin

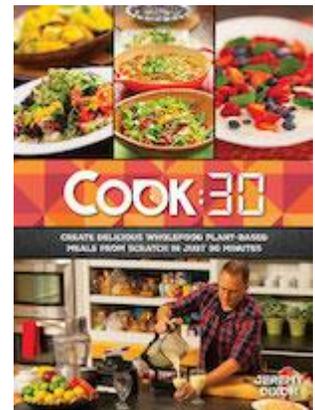
1 teaspoon salt

½ cup chopped fresh coriander

½ cup sesame seeds

2 tablespoons oil (for frying)

To garnish: more spring onions



Method

1. Cut potatoes into 1 cm cubes for fast cooking and put in a medium pot with boiling water. Simmer until soft (up to 10 minutes). Drain well.
2. Mash potatoes roughly so there are still some chunks left. Thinly slice sun-dried tomatoes and spring onions, and mix with potato. Add remaining ingredients to mashed potato and mix well.

3. Pour the sesame seeds into a shallow bowl.
4. Measure out ½ cup of the potato mix and roll into a ball with your hands. Press to flatten into a “cake” shape. Roll in the sesame seeds so it is liberally covered. Repeat with remaining potato mixture.
5. Heat a non stick frying pan with a little oil. Fry cakes for around 3 minutes each side or until lightly brown.
6. Garnish with sliced scallions.

Tip: You can also bake these in the oven. Simply brush with a little oil and bake for 20 minutes at 150°C.

Recipe from [Cook:30: Create Delicious Wholefood Plant-Based Meals From Scratch in Just 30 Minutes](#)



Resident psychologist Collett Smart, from our partner [Mums At The Table](#), shares how to deal with anxiety and stress during coronavirus and isolation.

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