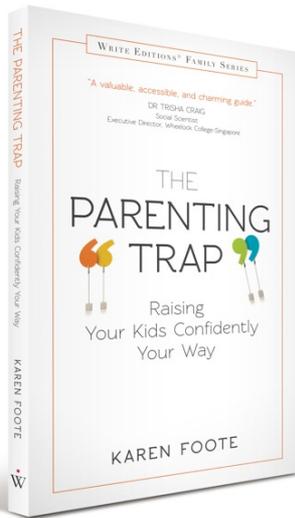




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ABOUT THE AUTHOR

KAREN FOOTE is a psychologist and a proud mother of two boys. Currently based in Singapore, she works with Equal-Ark, a local charity dedicated to enhancing mental wellness and life skills to at-risk adolescents with the help of horses. Karen has a special interest in parenting and mindful living. She believes that happiness is a choice; it does not just happen, but it can be as easy as making that choice consciously. She keeps a personal blog where she writes about parenting, life and mindfulness. Access her blog at www.karenfoote.com



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