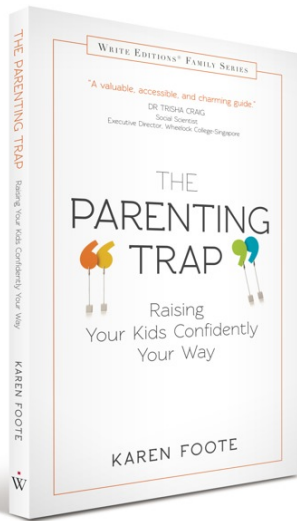




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KAREN FOOTE

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ISBN13: 978-981-07-7737-1 (paperback) | No. of Pages: 140 pages | 180mm x 110mm  
ISBN13: 978-981-07-7738-8 (e-Book) | Available early 2014  
Enquiry: [publisher@writeeditions.com](mailto:publisher@writeeditions.com)  
Published by **Write Editions®**, 2014 | [writeeditions.com](http://writeeditions.com)  
Paperback available at all major bookstores from December 2013  
Distributed by MarketAsia Singapore

## 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](http://www.karenfoote.com)



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