

Lifestyle Green Magazine

Contributed by tahir

Be Simply Happy . . .

Have you ever wished you could simplify your life but don't know where to start? Perhaps you want to become more self sufficient, save money or just leave the 'rat race' behind. If so, then downsizing may be for you. Change doesn't have to be radical; the testimonials behind the gathering Downsizer movement reveal how others have achieved their goals.

On the subject of reviewing your life . . . just how happy are you? Bill Longridge explains how to achieve the feel good factor in our preview of the Complementary Therapies Fair, which takes place on November 12 at Clandeboyne Lodge, Bangor, Co. Down. Check out his top ten tips in the health pages.

Catch up on the review of The Woodland House; the new book tracking the eco-build featured on Channel 4's Grand designs and revisited on Wednesday 26 October 2005; While roses in Tralee, highlights the positive initiative in Shanakill, where wasteland becomes a community garden; Organic and green captures the final days of summer pictorially, at the Green Fair, Castle Espie and The Organic Centre event in Rossinver.

Regular columns, news, views and advice are complemented by our autumn reader competitions. Your chance to win a beautiful, recycled, glass suncatcher from The Glasshouse, Westport or a designer camisole from ethical fashion designer Ennamore. All in all, the autumn edition of Ireland's sustainable living journal, LifestyleGreen, is well worth reading! Out now in Easons and good newsagents throughout Ireland or online at www.lifestylegreen.com

Our autumn cover features artwork by Rachel Hewitt, aged 9, from Hillsborough, Co. Down. Rachel won the NIE/LifestyleGreen, children's clean, green, energy, art competition. Rachel cycled away on the first prize of a BMX from Bamfords Cycles, Rasharkin, Ballymena.

Further information:

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