

Workout et foi catholique!

LA GRATITUDE



Recette du mois:

CRANBERRY PECAN PUMPKIN BREAD

<https://www.momontimeout.com/cranberry-pecan-pumpkin-bread-recipe/>



Chanson du mois: « Thankful » *par Verses*

<https://www.youtube.com/watch?v=oQ8AQRznByk>

**RESISTING
HAPPINESS**



A true story about why we sabotage ourselves, feel overwhelmed, set aside our dreams, and lack the courage to simply be ourselves... and how to start choosing happiness again!

MATTHEW KELLY
NEW YORK TIMES BESTSELLING AUTHOR

Livre du mois:

Resisting Happiness
par Matthew Kelly