

Livia's Favorites with Links

Sword:

https://www.amazon.com/gp/product/B001U27LPY/ref=oh_aui_search_detailpage?ie=UTF8&psc=1

Foam swords:

https://www.amazon.com/dp/B006RM54QK/ref=wl_it_dp_o_pC_nS_ttl?_encoding=UTF8&colid=3NJET96ZBEGS2&coliid=I12QN4FHOFDBDJ

Excalibur Letter Opener:

https://www.amazon.com/Denix-Excalibur-Letter-Opener-Scabbard/dp/B00C7BZ4J2/ref=sr_1_1?ie=UTF8&qid=1477597983&sr=8-1&keywords=sword+letter+opener

Youtube playlist:

<https://www.youtube.com/playlist?list=PL9DFEDo5C3oA6B599>

Meditation App: Chains:

<https://itunes.apple.com/us/app/chains.cc/id566011049?mt=8>
here's the site: <https://chains.cc>

App for memorizing:

<https://itunes.apple.com/us/app/lds-doctrinal-mastery/id413341700?mt=8>

Shannon suggested: Cards of Encouragement:

https://www.amazon.com/gp/product/B01B76KBP4/ref=oh_aui_search_detailpage?ie=UTF8&psc=1

Recipes:

Healthy Ice-Cream: TrimShake or Greens with frozen fruits, bananas and ice.

Power Bars: peanut butter and Honey, cream, oats, chia seeds, flax, whatever I want in there, roll them into balls and put them in the freezer.

A family favorite: wild orange oil and crasins

Pulse: chopped really fine or blend dried fruit and nuts. roll them out on the cookie sheet and freeze, cut into squares.

Free GIFT:

learnlivefly.com/giftseries

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