



# Drink Wine and Giggle: 101 Ways Girlfriends Can Connect, Have Fun and Be Inspired

*Lynne Everatt, Deb Mangolt, Julie Smethurst*

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Book Description: Drink Wine and Giggle (101 ways girlfriends can connect, have fun and be inspired) combines friendship and personal growth in a collection of easy-to-follow activities that have been tested and proven to turn girlfriend get-togethers into life-shifting experiences. The activities in Drink Wine and Giggle include short projects, exercises or excursions. The book is divided into four sections-mind, body, soul and funny bone-with twenty-five activities in each. Sections are defined as follows: Mind activities increase mental fitness through learning something new, experiencing something old and familiar in a new way or expanding the belief in what is possible to achieve. Body activities involve beauty, fashion, nutrition and exercise. Here, you can focus on improving health and expressing your personal style. Soul activities encourage awareness and nourishment of yourself and your contributions to others. Funny Bone activities are whimsical playtimes with your inner child; silliness rules. The perfect get-together companion, Drink Wine and Giggle is dedicated to encouraging new adventures and fresh insights.

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