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Spirituality & Social Action

How can we balance the two and bring about social change from a deeper level?

The Diabesity Debate

Shop with care! Have we forgotten the value of nutrition in our diet?

Peak Oil

This impending situation will force us into alternative and healthier lifestyles



Issue No. 1, June-August 2009 £3.20
www.inspiredtimesmagazine.com

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Transition towns
Hello to the green life...
& goodbye to the black stuff

Staycation v vacation
UK getaways get fabulously eco

Painting by house numbers
Arts trails bring a splash of
colour into our neighbourhoods

Local, seasonal, organic
The healthy living mantra
takes us back to basics!



Issue No. 2, September-November 2009 £3.20
www.inspiredtimesmagazine.com

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LETS get together
Skill-sharing system revives
communities and defies recession

2010... a year of change?
A time for reflection - make some
enriching resolutions!

Ward off the winter blues
A winter wonderland of UK escapes

Organic food bites back!
Organic movement stands strong
amid recent media heat



Issue No. 3, December-February 2009/10 £3.20
www.inspiredtimesmagazine.com