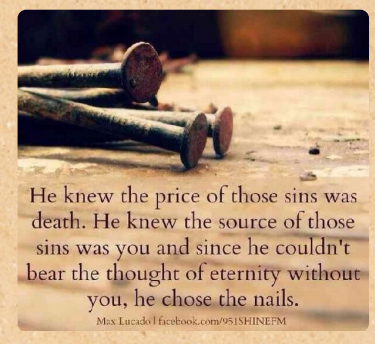
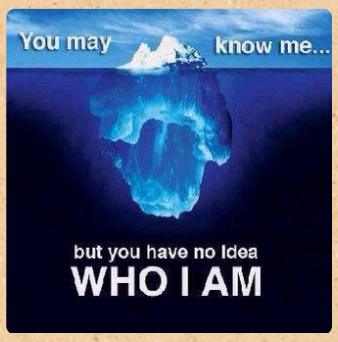
Building a personal HP lifestyle - my 2013 journey



A spiritual road

Always challenged



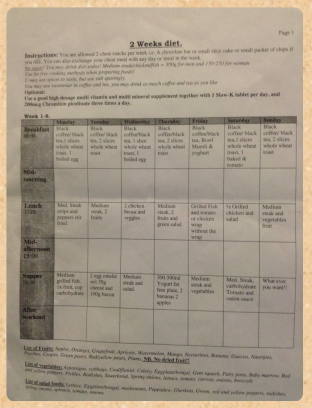
Blessed

Family is crucial - No 1!

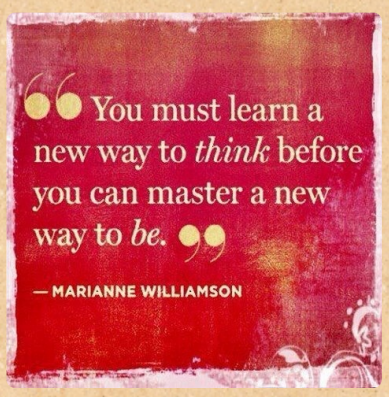
In Awe of the 1

Physically fitter

God centred



"I am what I eat"



Mastering yourself

On Going Challenge

Amazed