

Amora V *About* LIFESTYLE

OUR *Story*

Amora V Lifestyle was launched in 2023 to help enrich the lives of those worldwide. We believe lives are enhanced by understanding different aspects of human behavior, maintaining a healthy diet, and exploring the unknown.

My Journey to finding true happiness and peace came in 2020 upon discovering I was pregnant with my first child. During this time, I immersed myself in endless hours to learn about finding happiness through protecting my mental well-being, traveling, and maintaining a healthy lifestyle. The more I learned, the more devoted I became to the holistic approach to living life.

The Journey has been a learning lesson that has taken a conscious effort and dedication to make real progress. However, the results have been noticed by those around me.

I hope that Amora V Lifestyle helps you feel good and live well through self-discovery, travel, and healthy eating, giving you the ability to find happiness.

ABOUT AUTHOR, *Sara Beil*, AKA *Elizabeth Besich*



Hi. I am Sara, but you probably know me as Elizabeth Besich. I started Amora V Lifestyle in 2023 to make the world a better place! I strive to bring happiness, joy, and peace to those reading through each one of my articles.

From my experience, happiness comes from a balance between maintaining a healthy lifestyle, good company, self-understanding, and exploration. I write about the things that have brought me peace and pleasure in my life and hope that my articles will, too, bring you the same!

Amora V *About* LIFESTYLE

SECTION 1: LIFESTYLE

Enriching Lives through Self Discovery

At Amora V Lifestyle, we strive to improve lives by simplifying and understanding this crazy chaotic thing called life. The lifestyle section of the site is broken down into various categories to help with different aspects of life. We have listed below the different categories within the Lifestyle Section.

Finances:

Amora V Lifestyle discusses paying down debt, budgeting, ways to save money, and investing. We understand that poor financial choices can lead to stress, which affects overall happiness. Amora V Lifestyle hopes to bring financial peace and security that allows the ability to focus time and energy on more positive aspects of life.

Told On Internet:

Told on the Internet focuses on stories, reviews, and commentary by users on Amora V Lifestyle. It allows the ability to highlight others' personal experiences for entertainment purposes. Thus, allowing the ability to have insights into others' ways of life. A fun way to understand one another better!

Personal Experiences:

This section of Amora V Lifestyle focuses on the writer's personal experiences to better understand how experiences impacted their life. The purpose is to learn through their affairs to better prepare for certain circumstances. Thus, giving you an upper hand over life's different obstacles through different views.



Mental Wellness:

Understanding the impact of your internal dialog and how those around you affect your mental well-being is essential to maintaining happiness and finding inner peace. For this reason, we have dedicated an entire section of Amora V Lifestyle to Mental Wellness.

“Peace cannot be kept by force; it can only be achieved by understanding.”

-Albert Einstein

Amora V About LIFESTYLE

SECTION 1 CONTINUED: LIFESTYLE *Enriching Lives through Self Discovery*

Family:

A solid family unit, whether blood or chosen, is crucial to feeling secure and accepted. It is a place you can go to feel safe regardless of what happens in life.

For this reason, Amora V Lifestyle focuses on enhancing the family unit through bonding, knowledge, and experiences. The ability to strengthen a family's bond increases kids' security and self-worth, allowing them to quickly adapt to the world to one day become self-sustaining adults.

Level Up Your Life:

If you want to elevate your life within the next year, we have great advice to get started! Elevating your life is becoming the best version of yourself, allowing you to live a satisfying life. Leveling up your life can be challenging yet rewarding.

Amora V Lifestyle thrives on helping you level up your life through slaying your goals, reinventing yourself, finding your passion, or pursuing happiness. The pursuit to push your boundaries further than you ever thought possible to achieve your every dream.

Relationship:

Relationships are a big part of each one of our lives and can have a significant impact on our physical and mental well-being. Thus, making it imperative to find a tribe that brings happiness. Amora V Lifestyle gives great relationship advice to help surround yourself with people who will lift you higher and allow you to be the best version of yourself.



Amora V *About* LIFESTYLE

SECTION 2: TRAVEL

Improving Life Through Exploration

Amora V Lifestyle travel section focuses on different cities and state/national parks to travel. Thus, accommodating a wide range of interests. We cover the interest of thrill seekers, those who desire the unusual, outdoor enthusiast, and city goers.

Furthermore, Amora V Lifestyle believes the exploration of the unknown and immersing yourself in nature allows the soul to connect with nature, thus, rejuvenating the soul.



SECTION 3: RECIPES

Live a Healthy, Happy Life One Meal at a Time

In a world dominated by chemically induced and processed food, we focus on farm-to-table recipes in hopes of improving the quality of life. We strive to enhance healthy eating by having a balanced diet.

According to Heart.org, Boost your Mood with Healthier Foods, states that,
“Eating healthier can help you stay happier, and actually improve stress and depression.”

Therefore, we strive to find delicious recipes to maintain a healthy diet. Recipes that are simple to make and incorporate different grains, fruits, and veggies to maintain a balanced diet so you can look and feel good!