

**Four Quadrant Living: Making Healthy Living Your  
New Way Of Life By Dina Colman**

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Dina Colman founded Four Quadrant Living to inspire how she lived her life. Fifteen years later, Dina and her Making Healthy Living Your New Way of Life

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www.fourquadrantliving.com I was on a comfortable climb up the corporate ladder until my sister s cancer diagnosis and my own high risk shook me into realising

## **Dina colman (author of four quadrant living) -**

Dina Colman is the author of Four Quadrant Living (4.38 avg rating, 8 ratings, 2 reviews, published 2013)

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California Writers Club Author Panel (Four Quadrant Living: Making Healthy Living Your New Way of Life). An author and health coach, Dina devotes her time helping

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Dina Colman, MA, MBA, founded Four Quadrant Living three years ago to inspire others to live happier and healthier Making Healthy Living Your New Way of Life

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