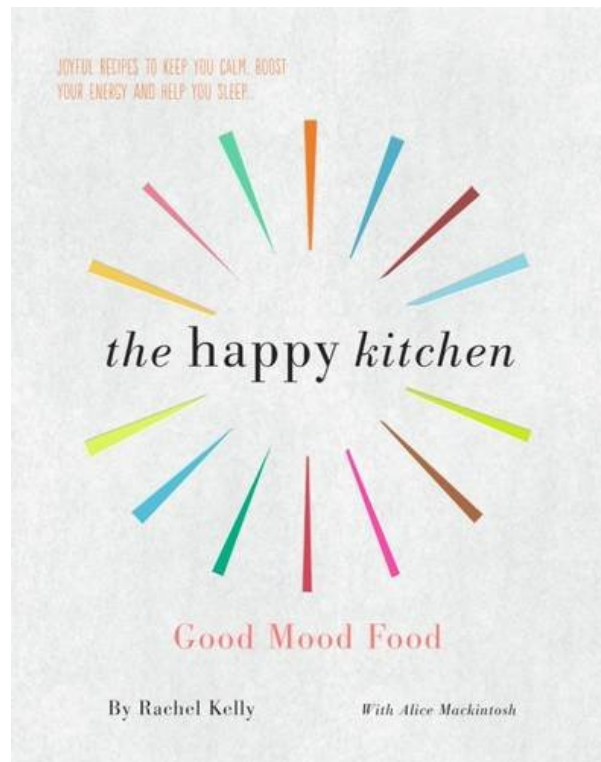
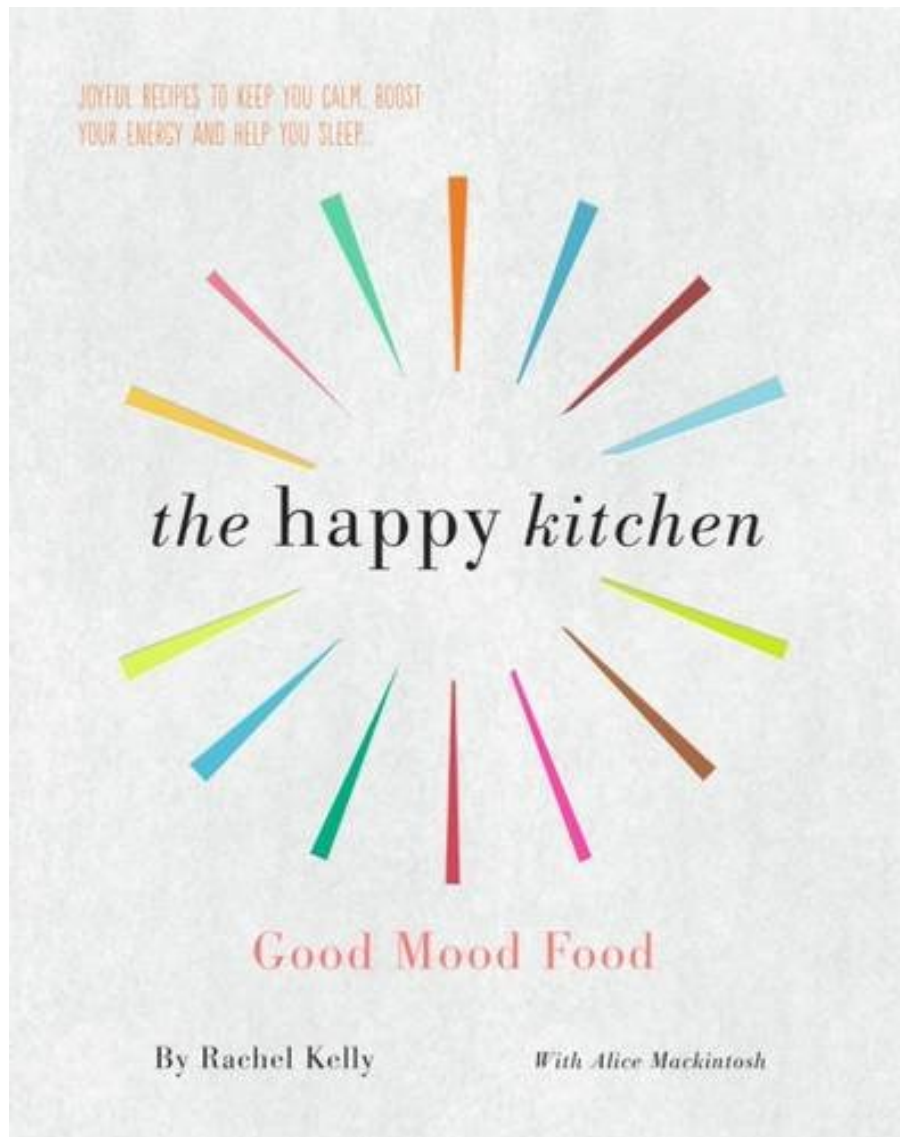


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Rachel Kelly is the bestselling author of *Walking on Sunshine: 52 Small Steps to Happiness* (Short Books, 2015) and *Black Rainbow* (Hodder & Stoughton, 2014). She began her career as a journalist on *The Times*. She is now an official Ambassador for SANE and Vice President for the charity United Response. Rachel lives in West London. Alice Mackintosh, (Hons) Phys, BSc (Hons) NT, mBant, originally set out to qualify as a medical doctor, but ultimately felt that taking a natural approach to healthcare seemed a more effective way of helping others. She has degrees in both Nutritional Therapy and Biomedical Sciences and now works as a consultant in London's Harley Street.

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