

Anastasia Marie Cassella's 'Home Cures For Health And Special Household Quick Tips' are derived from her own health needs and those of her family. Diagnosed with several illnesses, Anastasia has learned homeopathic remedies from doctors, friends, and family members though her fifty plus years.

5-Stars: Anastasia is a kind, caring person. She is a good listener. She has given me good advice through the years. Her heart is in the right place. She believes that passing her knowledge along, will improve the lives of others. Born in Bar Harbor, Maine, and raised in Downeast Maine, years and years of homeopathic cures and quick tips have been passed down and successfully used. Review by the Editor at Book Marketing Global Network.



Home Cures For Health And Special Household Quick Tips by Anastasia Marie Cassella



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Anastasia Marie Cassella's 'Home Cures For Health And Special Household Quick Tips' are derived from her own health needs and those of her family. Diagnosed with several illnesses, Anastasia has learned homeopathic remedies from doctors, friends, and family members though her fifty plus years.

Determined to fight though her disabilities, she has discovered many short cuts to cleaning and resolving household tasks, in order to save time and energy. She endeavors to share her knowledge of home remedies, that have been passed down through the generations.

This book is not meant to circumvent the advice of a physician. It is not meant as a medical guide. She recommends talking to your doctor, before using the homeopathic solutions found in this book. In Anastasia's case, traditional medications and solutions did not always work as intended, so she resorted to homeopathic solutions.

The short cuts provided in the enclosed "household quick tips" are tried and true. The homeopathic and generational solutions are passed down from generation to generation, because they work.



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Book Specifications from Lulu:

Page Count: 48 Pages

Book Size: US Trade (6 x 9)

Publication Date: May 5, 2023

Category: Health and Fitness

Category: Self-Help-General

Category: Self-Help (Self-Management/General)

Category: Health and Fitness (Homeopathy)

Keywords: Home Cures For Health, Special Household Quick Tips, Anastasia Marie Cassella, Book, Author, Health and Fitness, Self-Help, Self-Help/Self-Management, Homeopathy, Maine Author, Book Marketing Global Network,

Lulu Print:

<https://www.lulu.com/shop/anastasia-cassella/home-cures-and-special-household-quick-tips-by-anastasia-marie-cassella/paperback/product-z6pqe8.html?q=Anastasia+Marie+Cassella&page=1&pageSize=4>

Lulu E-Book:

<https://www.lulu.com/shop/anastasia-cassella/home-cures-for-health-and-special-household-quick-tips/ebook/product-2z6zek.html?q=Anastasia+Marie+Cassella>

Amazon Print and Kindle Coming Soon!

The Rogue Bear short story is based on a true story, when a bear tries to enter Anastasia's ranch in Cherryfield, Maine. Other short stories in this collection include: Just Like Grandma, Small Blurb, The Writer, and You're Supposed To Be Scared.

5-Stars: Anastasia Marie Cassella is known for her short stories. Like a lot of people in Maine and other rural areas; stories are created, told, and passed down through the generations. Story telling is an art and an endangered species. I hope Anastasia writes more short stories in the future. Review By The Editor at Book Marketing Global Network.



**The Rogue Bear
&
Other Short Stories
By Anastasia Marie Cassella**



The Rogue Bear & Other Short Stories by Anastasia Marie Cassella

'The Rogue Bear' short story is based on a true story. The story reflects the experience Anastasia had when a bear tries to enter Anastasia's Cherryfield, Maine's ranch. Other short stories in this collection include 'Just Like Grandma' who tried to protect her grandchildren from an abusive alcoholic father. 'Small Blurb' is about a woman who fell on the tracks of the IRT in NYC. 'The Writer' who follows immediate predictions of a painting above his desk. 'You're Supposed To Be Scared' is a great Halloween story of a haunted house you would not want to visit EVER!



5-Stars: Anastasia Marie Cassella is known for her short stories. Like a lot of people in Maine and other rural areas, stories are created, told, and passed down through the generations. Story telling is an art and

an endangered species. I hope Anastasia writes more short stories in the future. Review by the Editor at Book Marketing Global Network.

Book Specifications from Lulu:

Page Count: 76 Pages

Book Size: US Trade (6 x 9)

Publication Date: May 8, 2023

Category: Fiction (Short Stories)

Category: Fiction (Small Town & Rural)

Category: Short Story Collections (Short Reads)

Keywords: Anastasia Marie Cassella, The Rogue Bear & Other Short Stories, Author, Book, Fiction, Short Stories, Small Town, Rural, Maine, Maine Author, Book Marketing Global Network

Lulu Print:

<https://www.lulu.com/shop/anastasia-cassella/the-rogue-bear-other-short-stories-by-anastasia-marie-cassella/paperback/product-eyydep.html?q=Anastasia+Cassella&page=1&pageSize=4>

Lulu E-Book:

<https://www.lulu.com/shop/anastasia-marie-cassella/the-rogue-bear-other-short-stories-by-anastasia-marie-cassella/ebook/product-z66ryn.html?q=Anastasia+Marie+Cassella&page=1&pageSize=4>

Amazon Print and Kindle Coming Soon!

Anastasia Marie Cassella's book, 'Two Sides of a Bi-Polar Survivor' shares the promiscuousness, manic side of a bi-polar survivor, along with the depressive, suicidal side. Read about the pendulum of happy and sad times. This disorder is as hard to diagnose, as it is to live with. Not everyone with this illness is a survivor. Reading Ana's story might help you acknowledge you own struggles with Bi-Polar, help a friend, or family member appreciate what these survivors endure.

5-Stars: As a survivor of Bi-Polar and DID, my heart goes out to all people who struggle with mental illness in all its many forms. It takes courage to tell your story and the writing can be a great form of therapy. I admire Anastasia's bravery to write her experience. No one should judge her.



Two Sides Of A Bi-Polar Survivor

By Anastasia Marie Cassella



Two Sides Of A Bi-Polar Survivor by Anastasia Marie Cassella

Anastasia Marie Cassella's book, 'Two Sides of a Bi-Polar Survivor' shares the promiscuousness, manic side of a bi-polar survivor, along with the depressive, suicidal side. Read about the pendulum of happy and sad times. This disorder is as hard to diagnose, as it is to live with. Not everyone with this illness is a survivor. Reading Ana's story might help you acknowledge you own struggles with Bi-Polar, help a friend, or family member appreciate what these survivors endure.



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Book Specifications from Lulu:

Page Count: 94 Pages

Book Size: US Trade (6 x 9)

Publication Date: May 10, 2023

Language: English:

Category: Biographies & Memoirs

Category: Non-Fiction

Keywords: Anastasia Marie Cassella, Bi-Polar, Mental Illness, Survivor, Biographies, Memoirs, Non-Fiction, Maine, Bar Harbor Maine, Maine Author, Book, Author, Book Marketing Global Network.

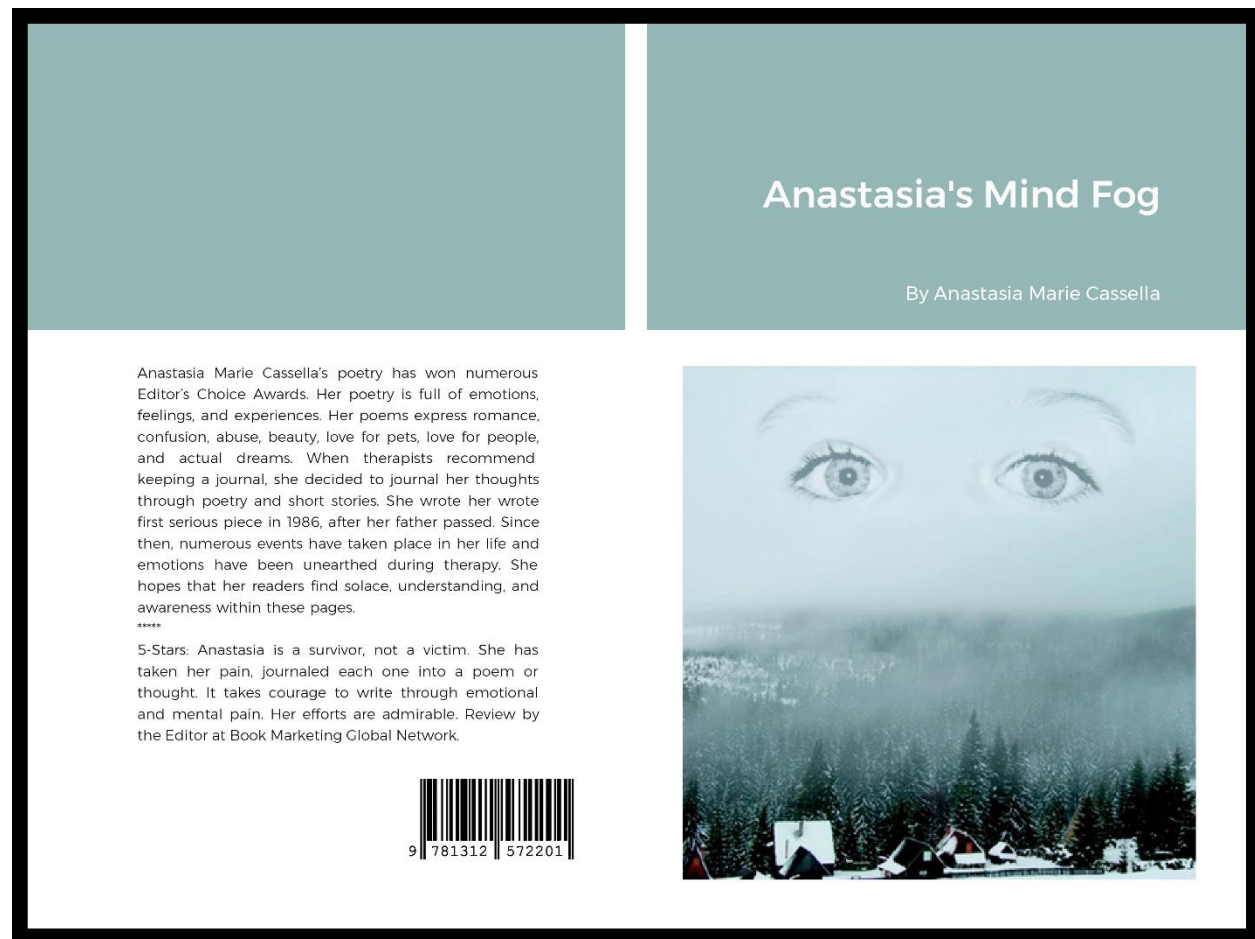
Lulu Print:

<https://www.lulu.com/shop/anastasia-cassella/two-sides-of-a-bi-polar-survivor/paperback/product-8ee25w.html?q=Anastasia+Marie+Cassella&page=1&pageSize=4>

Lulu E-Book:

<https://www.lulu.com/shop/anastasia-cassella/two-sides-of-a-bi-polar-survivor/ebook/product-9nngwj.html?q=Anastasia+Marie+Cassella&page=1&pageSize=4>

Amazon Print and Kindle Coming Soon!



Anastasia's Mind Fog by Anastasia Marie Cassella

Anastasia Marie Cassella's poetry has won numerous Editor's Choice Awards. Her poetry is full of emotions, feelings, and experiences. Her poems express romance, confusion, abuse, beauty, love for pets, love for people, and actual dreams. When therapists recommend keeping a journal, she decided to journal her thoughts through poetry and short stories. She wrote her first serious piece in 1986, after her father passed. Since then, numerous events have taken place in her life and emotions have been unearthed during therapy. She hopes that her readers find solace, understanding, and awareness within these pages.



5-Stars: Anastasia is a survivor, not a victim. She has taken her pain, journaled each one into a poem or thought. It takes courage to write through emotional and mental pain. Her efforts are admirable. Review by the Editor at Book Marketing Global Network.

Book Specifications from Lulu:

Page Count: 72 Pages

Book Size: US Trade (6 x 9)

Publication Date: May 24, 2023

Language: English

Category: Poetry

Category: Non-Fiction

Keywords: Anastasia Marie Cassella, Anastasia's Mind Fog, Poetry, Non-Fiction, Maine, Maine Author, Bar Harbor Maine, Book, Author, Book Marketing Global Network, Poetry (General), Poetry (Subjects & Themes/Family), Poetry (American/General), Poetry (Women Authors).

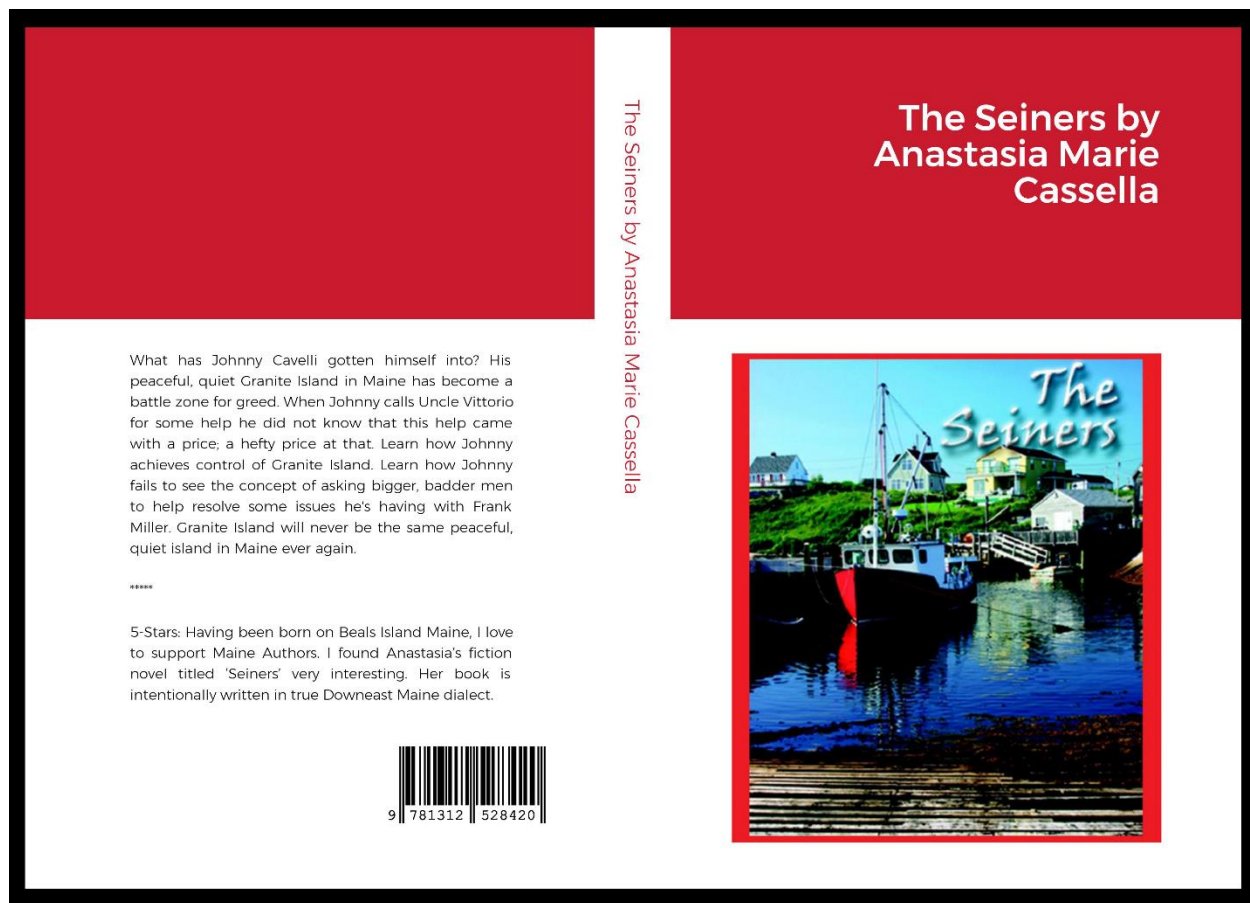
Lulu Print:

<https://www.lulu.com/shop/anastasia-cassella/anastasias-mind-fog/paperback/product-kzywmq.html?q=Anastasia+Marie+Cassella>

Lulu E-Book

<https://www.lulu.com/shop/anastasia-cassella/anastasias-mind-fog/ebook/product-6n5ekj.html?q=Anastasia+Marie+Cassella>

Amazon Print and Kindle Coming Soon!



The Seiners by Anastasia Marie Cassella

What has Johnny Cavelli gotten himself into? His peaceful, quiet Granite Island in Maine has become a battle zone for greed. When Johnny calls Uncle Vittorio for some help he did not know that this help came with a price; a hefty price at that. Learn how Johnny achieves control of Granite Island. Learn how Johnny fails to see the concept of asking bigger, badder men to help resolve some issues he's having with Frank Miller. Granite Island will never be the same peaceful, quiet island in Maine ever again.



5-Stars: Having been born on Beals Island Maine, I love to support Maine Authors. I found Anastasia's fiction novel titled 'Seiners' very interesting. Her book is intentionally written in true Downeast Maine dialect. Review by the Editor at Book Marketing Global Network.

Book Specifications from Lulu:

Page Count: 336

Book Size: US Trade (6 x 9)

Publication Date: May 24, 2023

Language: English

Category: Fiction

Category: Fiction (General)

Category: Fiction Crime

Category: Fiction (Small Town & Rural)

Keywords: Anastasia Marie Cassella, Author, Book, Seiners, Fiction, Fiction (General), Fiction (Crime), Fiction (Small Town & Rural), Maine, Maine Author, Bar Harbor Maine, Granite Island, Fishing, Book Marketing Global Network.

Lulu Print:

<https://www.lulu.com/shop/anastasia-cassella/the-seiners/paperback/product-p26884.html?q=Anastasia+Marie+Cassella>

Lulu E-Book:

<https://www.lulu.com/shop/anastasia-marie-cassella/the-seiners-by-anastasia-marie-cassella/ebook/product-ymv6mz.html?q=Anastasia+Marie+Cassella>

Amazon Print and Kindle Coming Soon!



About Anastasia Marie Cassella: Anastasia was born in Bar Harbor, Maine, and raised in Downeast Maine. She is proud to be an author from Maine and many of her books are centered around one or more locations in Maine.

Diagnosed with several illnesses, she is determined to fight through her disabilities. She encourages those around to fight for good physical and mental health.

Anastasia has published ten, multi-genre works. She has been writing since she was sixteen, following in her dad's footsteps. Poetry comes easy for her. Truth comes easily. Writing dramas, using life experiences, comes easier.

She loves assisting authors and writing. She is currently working on novels and children's stories. When she is not enjoying the great outdoors, that Maine has to offer, you will find her on Facebook. She loves to play games and interact with other authors. She frequently shares photos of the foods she is baking, post fun photos about the snow storms, and other related things going on in Maine.

She invites you to read her books, leave a review, and connect with her on Facebook.

Books Coming Soon To This Page:

Love At First Sight-Romance

Letter to My Brother-Family Drama

Stalk or be Stalked-Mysteries (Crime Fiction)

Murder Secrets And Injustice In A Small Town-Mysteries (Crime Fiction)

Justice is Served- Sequel to Murder, Secrets and Injustice in a Small Town

Twitter:

<https://twitter.com/authoranastasia>

LinkedIn:

www.linkedin.com/in/anastasia-cassella-author-editor

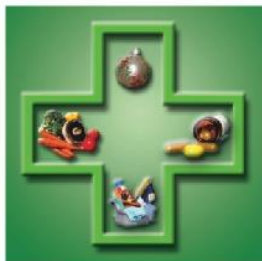
Facebook:

<https://www.facebook.com/anastasia.cassellayoung.3>

Author's Page At Book Marketing Global Network:

<https://bookmarketingglobalnetwork.com/book-marketing-global-network/anastasia-marie-cassellas-books/>

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Other Short Stories
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FIVE STAR RATING

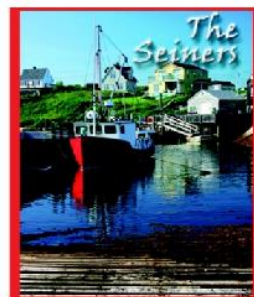
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