



Belifehappy: Give. Play. Love. Learn (Paperback)

By Emma Lannigan

Balboa Press, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Explore the meaning of happiness in our lives as you learn of one woman s wish to find happiness, which led her on a journey she didn t expect. Belifehappy is a personal healing journey that shares four main principles for creating a lifetime of happiness: Give--understand the balance of giving and receiving across all areas of your life. Play-- rediscover adventure, fun, and creativity, and add more play to your day. Love--take time for loving yourself, and watch and feel the difference in your world. Learn--gain greater awareness of your thoughts, actions, and ultimately, your choices. Belifehappy begins with a spiritual awakening during Finding Happiness and Steak, Mash Potatoes, and Onion Gravy. Sunny-Side Up features 110 inspiring stories including poetry, short guided meditations and relaxation techniques, concluding with 365 daily inspiring, thought provoking and motivational quotes. Belifehappy is designed to be read in a multitude of ways--from front to back, back to front, or by simply letting the pages fall open. This uplifting volume is for those who experience stress, anxiety, depression, or simply a changing...



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Reviews

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