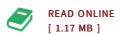




Choosing for Bliss: Reclaiming Your Inherent Joy

By Renee B Duane

iUniverse, United States, 2006. Paperback. Book Condition: New. 221 x 150 mm. Language: English . Brand New Book ****** Print on Demand ******. Believing she was on the road to happiness, type A personality Renee Duane always pushed herself to achieve as much as she could in life. In 1997, Renee had a caring husband, a terrific son, and a rewarding career. But one morning when Renee literally stumbled out of bed and fell on the floor, she realized her body was slowly deteriorating the consequence of her driven lifestyle. Forever changed by her epiphany, Renee made the life-altering decision to become proactive in reclaiming her health. In her manual to better living, Renee combines details about her personal journey to wellness with discovery tools intended to help others look deep within to explore and eliminate sabotaging subconscious behaviors and ultimately experience joyous self-empowerment through heightened self-awareness. Through anecdotes, inspiration, introspective exercises, and practical advice, Renee includes guidance so others can learn how to: identify self-sabotaging behaviors; understand the body/mind/spirit connection; treat ourselves with love and respect; take a leap of faith and make positive changes; transform attitudes and create bliss. Choosing for Bliss shares motivation and tools that will help...



Reviews

Absolutely among the best publication I have got at any time go through. It really is writter in straightforward phrases rather than hard to understand. Its been designed in an extremely straightforward way which is just soon after i finished reading this publication through which basically modified me, alter the way i believe.

-- Mrs. Velda Tremblay

Certainly, this is actually the greatest job by any publisher. It is really simplistic but shocks within the 50 % of the pdf. I am just happy to tell you that this is the very best ebook i have read in my own lifestyle and may be he greatest ebook for actually.

-- Marge Jacobson MD

Relevant PDFs



Become a Successful Author

Hourglass Unlimited, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. The publishing industry has shifted 180 in the decade Deatri has worked in it. The traditional route is no...



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...



Traffic Massacre: Learn How to Drive Multiple Streams of Targeted Traffic to Your Website, Amazon Store, Auction, Blog, Newsletter or Squeeze Page

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.3 Free Bonus Books Included! Attention: Online business owners. quot; Finally! How Would You Like To Tap Into...



The About com Guide to Baby Care A Complete Resource for Your Babys Health Development and Happiness by Robin Elise Weiss 2007 Paperback

Book Condition: Brand New. Book Condition: Brand New.



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand ******. From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...



Twelve Effective Ways to Help Your ADD/ADHD Child: Drug-Free Alternatives for.

Book Condition: New. Ships From Canada. New. No dust jacket as issued. Glued binding. 264 p. Contains: Illustrations. Audience: General/trade. Book Info Consumer text of recommendations backed by scientific studies. Discusses diet, allergens, vitamins and minerals. and more. Softcover. About the Author...