



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...



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