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By Zephyr Bloch-Jorgensen

Freedomsway, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This profound read demonstrates how a true and lasting state of mental and physical wellness can be achieved. Beneath our daily lives awaits a deeper state that can energize us, transform our relationships, and make us happier. If we can discover this state and apply its wisdom, then we will flourish. For both people and societies, a profound dimension of discovery awaits. Now the subject of a major neuroscience institute study. Discover: How our relationships help us to create and develop a meaningful life Why anger is valuable and how to use it How to say no to members of your family, and why it is important How to use chaos not fight it Why surrender can be powerful How to use faith and reason together and make both stronger Why feeling vulnerable can be valuable How to bring a meaningful positive impact to your community and the wider-world How to create a mindful life Zephyr Bloch-Jorgensen has had a lifelong interest in self-actualization, the nature of well-being and helping people to fulfil their potential for a better life. With an early focus on the...



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