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Belifehappy: Give. Play. Love. Learn

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...

Reviews

Complete guide! Its this kind of very good read through. I really could comprehended almost everything out of this written e publication. Your lifestyle span is going to be transform the instant you complete looking over this book.

-- **Reilly Keebler IV**

Unquestionably, this is actually the greatest function by any writer. We have go through and so i am confident that i am going to gonna read through once more once again later on. I am just happy to explain how this is actually the very best book i have got go through during my individual existence and might be he greatest ebook for ever.

-- **Wilbert Connelly**