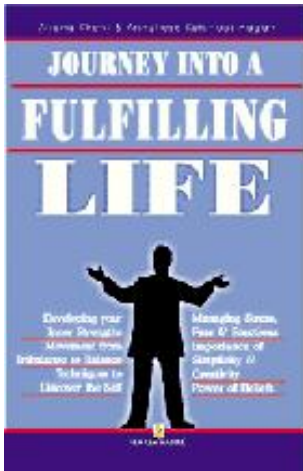




Journey Into A Fulfilling Life



Author: Ariana Khent & Annaliese Kohinoor-hagan

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Explore the world of your inner untapped resources!

This book brings new meaning to that famous phrase Know Thyself.

It will guide you on the journey to creating the life experiences you wish to experience.

Release yourself from struggle, and expand into your true self!

Highlights:

*What we resist, persists. Acceptance and judgement are key to acceptance.

*When we take ourselves for granted, we profane ourselves.

When we respect and value all aspects of ourselves our lives become sacred.

*Take time to move your body on a regular basis.

Select activities that are enjoyable like Yoga, Walking, Swimming, Racquet-ball, Aerobics, etc..

*Participate in at least one fun or relaxing activity in a day--watching a movie, reading, talking to a friend, bicycling, or devoting time to hobbies or crafts.

*Our emotional state affects our health.

Adopt a positive attitude, and learn to relax through meditation, exercises etc.

About Pustakmahal Publishers

Pustak Mahal publishes an extensive range of books that are both affordable and high-quality.