



## The 7 Connections to Happiness and Harmony - Decision Making Made Easy with Yoga s 7 Chakras

By Shirley Desai

Shared Step, United States, 2009. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In our daily lives, we are continually confronted with difficult choices at work and at home. Therefore, there is a need for a simple and effective model to help navigate the winding paths of decision-making. The 7 Connections to Happiness and Harmony introduces the ancient 5,000 year-old chakra system from India for adaptive use in facing modern-life challenges. The 7 Chakras is a spiritually based energy system that is an integral aspect of yoga teachings. Readers will gain a new model for understanding themselves and others for fundamentally smarter and more practical decisions.



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