



Be Happy No Matter What: 5 Steps to Inner Freedom

By Ellen Seigel

Clear Path Publishing, United States, 2012. Paperback. Book Condition: New. 213 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****. Congratulations! You are now at the doorway to your inner freedom. Be Happy No Matter What provides a roadmap from unpleasant circumstances-childhood confusion, trauma, divorce, illness, or even a loss of loved one or a sense of self-to a place where you can be free from victim consciousness. Ellen Seigel s soothing Five Steps to Inner Freedom facilitate positive processing and healing from circumstances that have caused pain and loss. You ll learn to transmute your negative thoughts into a positive life plan. Use your newfound inner freedom to reconnect with yourself and the outside world in a new way that brings you lasting satisfaction and happiness-and join a universe where you are embraced and cherished! Be Happy No Matter What guides the reader through clearing negativity and embracing more positive, what I call Yes! Energy, in their lives. This book helps people take positive and definitive action toward reaching their big, hairy, audacious dreams. Loral Langemeier - Five time bestselling author and world renown speaker and coach. You are living your life every day. Why...



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