

Shine: Rediscovering Your Energy, Happiness and Purpose (Paperback)



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Reviews

Comprehensive guideline for book lovers. It is really simplified but excitement in the fifty percent in the publication. Your daily life period is going to be change as soon as you full looking at this book.
(Kayley Lind)

SHINE: REDISCOVERING YOUR ENERGY, HAPPINESS AND PURPOSE (PAPERBACK)

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John Wiley and Sons Ltd, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. Start living the life you ve always wanted It could be that you ve figured everything out on your own and have ended up acing your career, meeting and marrying your perfect partner, producing three wonderful kids, owning a holiday home in Mustique and having a drop-dead gorgeous life. In which case, we applaud you. If, on the other hand, you need the cheat codes, then this book will give you a nudge. Redefining the genre of self-help comedy, Shine is a book about the brevity of life. It contains adult themes of mortality, change, exhaustion and unrelenting pressure. Thankfully, the bleakness is done with humour and the solutions are entertaining, do-able and uplifting. Shine is the literary equivalent of ctrl/alt/delete. All you have to do is read the book, keep an open mind, and apply the learning. You will experience a personal re-boot with new mental software installed, upgrading you to best possible self. It s a very simple process that also happens to be not very easy. Because, of course, if being your best self was easy, everybody would be doing it. The average lifespan is 4000 weeks. Look around and you ll see too many people having a near life experience. They re alive, but not living. Truth time: life s a short and precious gift that s hurtling by in a blur. If you want to make a dent in the universe, it s time to wake up. We figure that if you re going to rise, you may as well shine. Laugh and learn while you: Rediscover your ability to ping out of bed every single day with fire in your belly and a smile on your face....



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