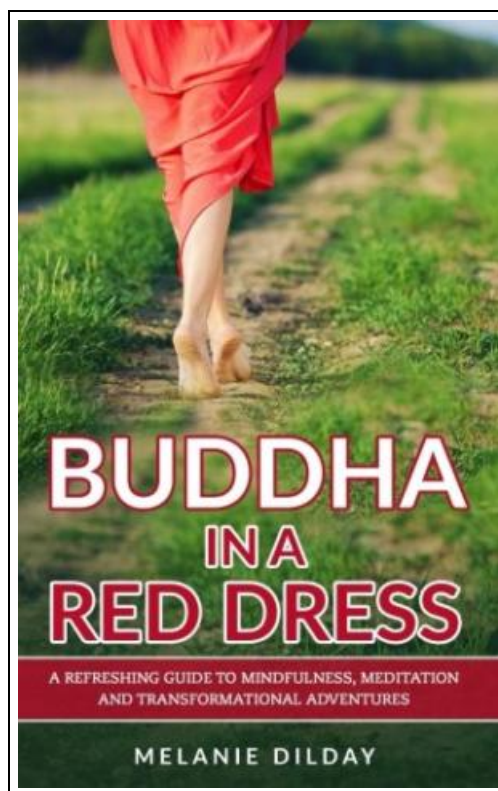


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Melanie Dilday. Paperback. Condition: New. 134 pages. Dimensions: 8.0in. x 5.0in. x 0.3in. This is not your usual how to be happy book. Its a raw and real autobiography of one womans personal and spiritual growth. It comes with cushion stealing monkeys, gurus, the odd swear word, naked dancing and other weird and wondrous stories. It also comes with clear and simple instructions on mindfulness and meditation, grounding and gratitude and many more practices that lead to peace and happiness. Through its chapters, you will discover the secrets to a free and fulfilled life. This book draws from 30 years experience and exploration in personal growth work, spiritual growth, meditation, mindfulness, therapies and transformational workshops. It offers up processes, techniques and insights that you can use to become a happier, more relaxed and aware you! Chapters include the following topics: Ask and It Will Be Given Trauma Therapy Gratitude Your Vibe Attracts Your Tribe Opting out of Mainstream Media Satsang (Meeting in Truth) Sisterhood (and Brotherhood) Meditation and Mindfulness Tuning in to the Body Relationships Love People are struggling more than ever in todays world to find peace and fulfillment. The fast pace, the poor economy and the relentlessly negative mainstream media lead to ever-growing feelings of isolation in the midst of a crowd. At times it may seem as if the world is coming apart at the seams and bringing many of us along with it. And yet, there are people who remain unaffected by these challenges. They arent special nor are they always rich or lucky or even particularly intelligent. Theyre just average people who have decided that there must be more to life than this. They respond rather than react. They keep still at the center. This book delves into the life of one such woman, offering up many...



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