



The Happy Warrior: A Personal Guide to Joyous, Peaceful, Healthy Living (Paperback)

By Associate Professor of Paleontology and Director of the Johnston Geology Museum Michael Morales

Fastpencil Inc, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.At a time when so many people measure the quality of their lives in terms of success in the workplace, money in the bank, the accumulation of material thing, the car they drive, the house they live in, the clothes they wear Too many of us are losing site of Health, Joy, and Peace as the true indicators of a fulfilling life. Without attention to nutrition, exercise of the body and brain, spiritual growth, and routinely doing the things that are necessary to achieve a balanced lifestyle on a daily basis, all of the rest has little value. The author, Michael Morales is a true Happy Warrior, having experienced the lowest of lows and the emptiness of striving for inconsequential goals, he has discovered and studied the means to a better life through . . . Meditation Diet Physical Fitness Mental Training Spiritual Growth Healthy relationships Leadership Communication . . . and a positive focus on all of the things that enable him to achieve a life well-lived. ALL IN ALL MORE HAPPINESS AND WITH THIS, MORE PROSPERITY. Please join Michael in this fun...



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