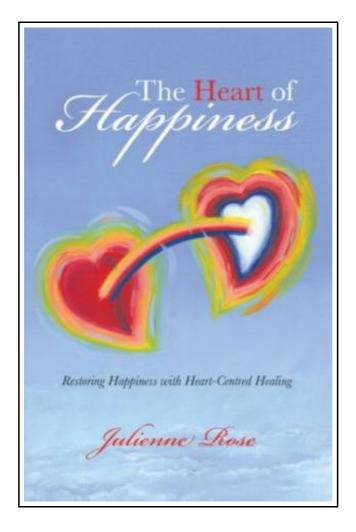
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(Alex Jenkins)

THE HEART OF HAPPINESS: RESTORING HAPPINESS WITH HEART-CENTRED HEALING



BalboaPressAU. Paperback. Book Condition: New. Paperback. 104 pages. Dimensions: 8.5in. x 5.5in. x 0.2in.This guide focuses on the idea of heart happiness, a natural state of being that can exist regardless of what is happening in our lives. The Heart of Happiness offers a multi-dimensional perspective exploring seven major issues of life-self, relationships, health and well-being, career or calling, abundance, connecting with others, love and healing. Using these simple change processes can transform any area of your life. Juliennes latest exploration led her along a fascinating path of selfdiscovery. Through her own personal challenges and observation of the struggles of others, she gradually came to the realisation that there must be an easier, more direct way to work through lifes challenges. She started exploring a channelling process of connecting to her Higher Self. One day, in the very early hours of the morning, Julienne received a spiritual download of information that was to become the basis for The Heart of Happiness. In discovering this way of connecting with her Higher Self, she was both excited and in awe of this new level of insight and awareness. This knowledge has continued to come through, to help Julienne with her own life and to share with others, as an easier way of being in this world. The Heart of Happiness provides insight into a new level of personal awareness and fulfi Is the authors desire to share this knowledge. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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