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Tender Heart of Joy: Tools for Awakening Your Full Measure of Delight

By Carol S Bean

Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.An amazing thing about joy is that we never run out. Joy is a basic part of our nature; its built-in, like the operating system on our computer its always there--in the background. While life s difficulties may threaten to rob us of that joy--it s still available--humming away on the inside, waiting for us to choose the right key. This book is an active, three-fold approach to cultivating access to our joy: by troubleshooting the obstacles, by using natural joy triggers to summon it forth (I ll be showing you how!), and by shifting our awareness back to that beautiful hum. We were not meant to suffer so much in life--we were designed to look at a flower, a sunset, a bug or the mailman and experience shivers of delight. More delight is a good thing. My book is an invitation and a guide to cultivating joy for a lifetime. And there s a bonus: joy is infectious. When you bring out your own joy, you sweeten the environment for the rest of us. You could say...



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Reviews

Merely no phrases to describe. Better then never, though i am quite late in start reading this one. Its been written in an extremely easy way which is merely following i finished reading this publication through which in fact transformed me, change the way in my opinion.

-- **Pedro Renner**

It in one of my personal favorite book. Sure, it is engage in, continue to an amazing and interesting literature. I am quickly could possibly get a enjoyment of looking at a published book.

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