



Satisfillment: Your Proven Pathway to Power

By Eden Sterlington

Outskirts Press, United States, 2011. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.Your Happiness Is Your Job. It's Time to Take Control of It. The SatisFillment series of action guides is designed to help you live your life to the fullest—both mentally and physically. This first of three books focuses on living your core values and achieving a more grateful, purposeful life. Packed with mental and physical exercises, this first volume in the SatisFillment series is easy to understand and put into practice. The key lies in the six focus points, each of which pairs a life-change activity with a healthy lifestyle change you can make, starting now. You'll: Discover inspiring exercises you can do before you even get out of bed Explore your most deeply held convictions Achieve personal growth by moving beyond your comfort zones Assess your self-image to identify your most important beliefs Learn to forgive and be forgiven Rediscover child-like contentment Add healthy physical activity and nutritious eating to your daily routine Much, much more! Being happy doesn't just happen. Rather, you have the power within you to help how you feel....

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