



Breathe: 31 Days of Inspiration (Paperback)

By Myra L Bellinger

Zoe Bell Publishing, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Have you ever felt like life was suffocating you? Work, kids, marriage, business, volunteer commitments and bills all worked collectively to suck the life out of you. So did I, until I learned to how to BREATHE. The longer I lived, the less I was living. I was suffocated by increased responsibilities and clutter, which became overwhelming. Once upon a time there was just me. I had time and energy to do everything I wanted to do, when and how I wanted to do it. I had time to think, dream and envision what my life would one day become. I was young, spontaneous and filled with creativity. I had a zest for life and enjoyed nearly every moment of it. I spent much of my time listening to that inner voice which always led, guided and directed me. Then I reached a point in my life when all I could hear were the crowded thoughts in my head; continuous questions in my mind that led to constant unrest. I slept, but seldom rested. I lived in the agony of exhaustion until...

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