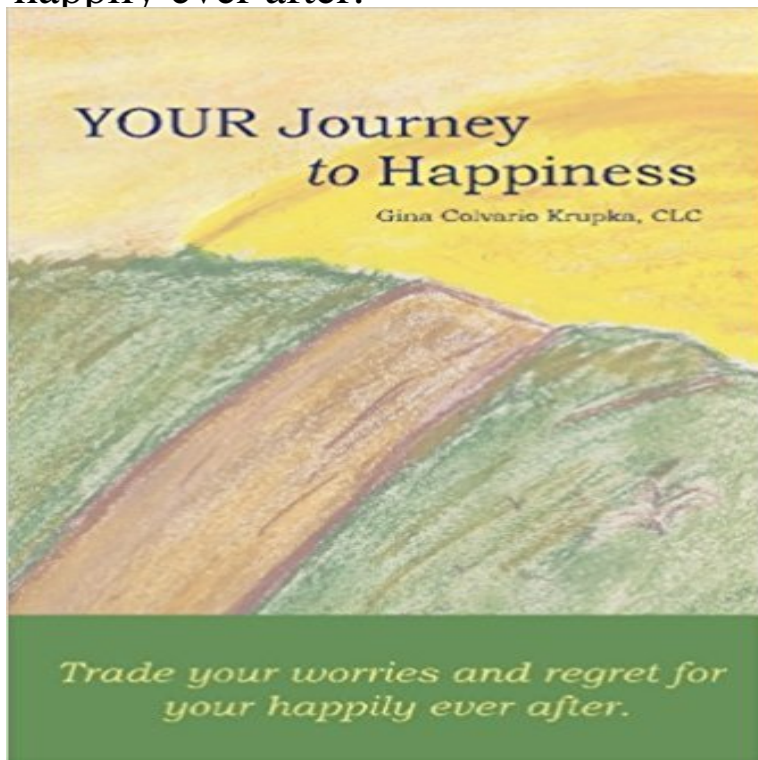


# Your Journey To Happiness: Trade your worries and regret for your happily ever after.



Your Journey to Happiness This book will guide you on your path of self discovery. If you go through each chapter and honestly go through each exercise, I promise it will help you to: Greater appreciation for yourself. Release guilt and blame. Forgive yourself and others. Recognize the good in your life today. Set realistic goals you can and will achieve. Better balance all aspects of your life. Learn how to act vs. react to people and situations. Release stress and fear Utilize your internal guidance system emotions and intuition. Control your thoughts to create the life you want. Live in awareness to harness the power of now. All of these things are part of the ten steps in this book to take on your path to fulfillment and lasting happiness. Enjoy every step because the joy is in the journey!

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