



Achieving Balance: A Simple Book That Will Change Your Life

By Allan Willis, Carien Yatsiv

Manicboy Publishing. Paperback. Book Condition: new. BRAND NEW, Achieving Balance: A Simple Book That Will Change Your Life, Allan Willis, Carien Yatsiv, "Achieving Balance" - A simple book that will change your life. 'I strongly recommend that you have this book on your bedside table as a reference point for life'. Would you like your life to feel more enjoyable and fulfilling? Is it time to empower yourself and take control of your emotions? This title helps you learn how to improve your relationship with yourself and others. Balance affects everyone, without exception. Achieving balance is not the sole preserve of spiritual masters, gurus and the like. The things they are doing can be done by anyone who has a certain level of knowledge and a resolve to apply some of the techniques to their life. Achieving balance and fulfilment is attainable for all of us. How do I know that? Because fulfilment and balance are not dependent on external factors, they are only dependent on the perspective you choose to adopt. The balance that you feel is determined by the degree of alignment of your self image with who you really are. Reflecting the author's quest, this book explains...



READ ONLINE
[5.89 MB]

Reviews

This pdf is wonderful. It is definitely simplified but excitement from the 50 percent in the ebook. You wont sense monotony at at any time of your time (that's what catalogues are for relating to should you request me).

-- **Jaqueline Kerluke**

I just started looking at this pdf. It can be rally fascinating throug studying period of time. Its been printed in an extremely basic way and is particularly only following i finished reading through this publication where in fact altered me, change the way i really believe.

-- **Mr. Stephan McKenzie**