

Rediscovering Wisdom, Peace and Happiness (Paperback)



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Reviews

An exceptional book and also the font utilized was intriguing to read. This is for all who statte there was not a worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Prof. Tyson Hilpert)

REDISCOVERING WISDOM, PEACE AND HAPPINESS (PAPERBACK)



Lulu.com, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. One day Catherine s life changed; immeasurably, permanently, beautifully. She rediscovered the love we are all born with. In this down to earth yet spiritual book, Catherine shares with you how you, too, can have a gentler, more peaceful and happier experience of life. She explains how we have been holding onto suffering, albeit unknowingly, and how we can all become clear-headed and stress-free. Within these chapters is a magic that will enable you to reclaim the purity that was you, before life and your misunderstandings got in the way. Catherine is a Life Transformation coach and author, and works with private clients and groups as well as running a popular Meetup. In the words of one of her clients: Life keeps on getting better and better. There are still ups and downs, of course, I m human, but the downs don t seem to be so compelling, or last as long, or matter so much. You can follow Catherine s blog at:



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