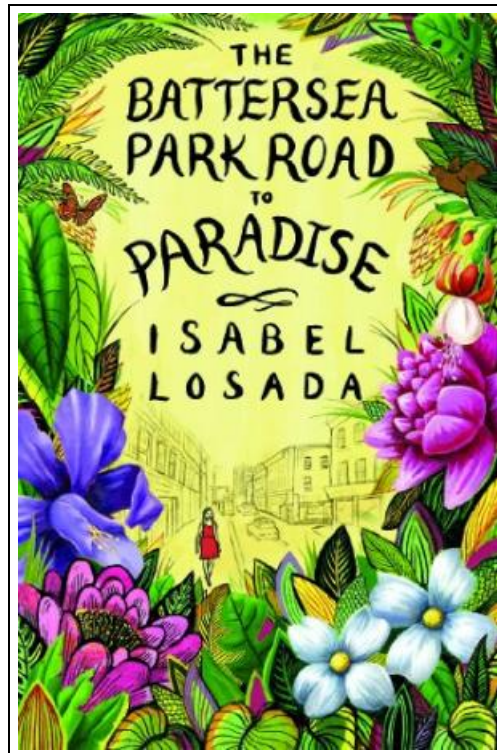


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Watkins Publishing, United Kingdom, 2011. Paperback. Condition: New. Language: English . Brand New Book. In her bestseller *The Battersea Park Road to Enlightenment*, Isabel Losada set out with a modest aim - to be absurdly happy every day . But a few years down the road, she s stuck in a pothole. No job (not good). No man (very not good). Nothing has turned out as she d intended. There s only one way to get out of the hole: throw out the ideas that landed her there and start over. So, using the ancient Chinese tradition of the five elements of life - Metal, Fire, Wood, Water, Earth - Isabel breaks her own life down to its essentials to explore five areas of inner and outer change. She calls in a feng shui consultant to discover that her bedroom decor is draining the father (whatever that means).takes a motivational workshop to experience the power of doing .turns a silent meditation retreat into an exercise in unrelenting being .sits at the feet of a Brixton guru to examine the nature of mind.and undertakes a shamanic ritual in the Amazon to part company with her own mind completely. As rich as the book is in the particulars of a life hilariously lived, it s also universal: readers can see themselves in Isabel s experience and look at their lives with new eyes.



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