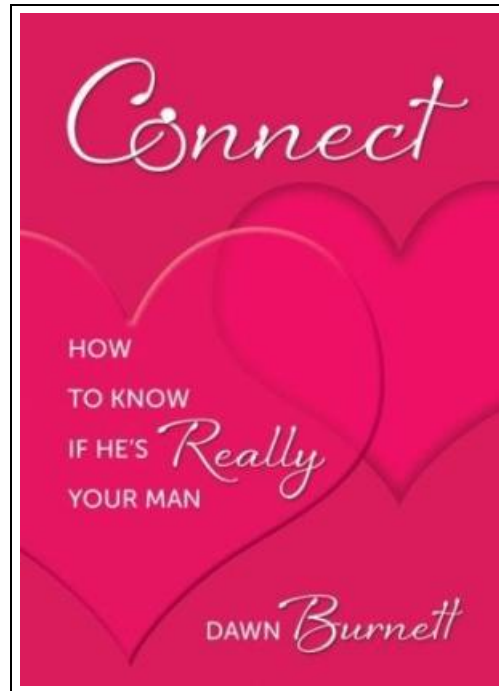


Connect (Paperback)



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HEALTH COMMUNICATIONS, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. Wellness strategist Dawn Burnett has an impressive track record for helping people unlock better health and greater vitality. Like all of us, however, she has had a life filled with highs and lows. The child of divorced parents and a survivor of abuse, she was in a toxic marriage and then, just after her divorce, was hit by a drunk driver. These events, and the discovery that her son had a life-threatening condition, led her to a wake-up call. Studying to become an alternative medical practitioner to heal her child, she also sought answers on how to heal her own life. Along the way, she charted a course to ultimate wellness on a path filled with valuable lessons, deep wisdom, and insight on a variety of issues—including personal relationships. She recognized that becoming trapped by the toxic emotions of our past can weigh down our spirit and sabotage any chance we have at happiness today or in the future. The result is *Connect*, a light but powerful little book that provides humorous yet effective ways to address key issues facing serious relationships. Filled with personal, engaging stories, complemented by captivating illustrations, it reveals: the pitfalls of dating in the digital age; the many ways we unintentionally sabotage our relationships; why we find ourselves choosing mates from the never-ending carousel of losers ; and how we judge ourselves--and others--without mercy. The antidote is a simple, empowering plan readers can implement themselves to heal their own hearts, pinpoint their true dreams and desires, and find meaningful and lasting bonds with their partners -- whether they have already met or are still looking. This amazing little book is big on success, and will help readers finally attain what they...



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