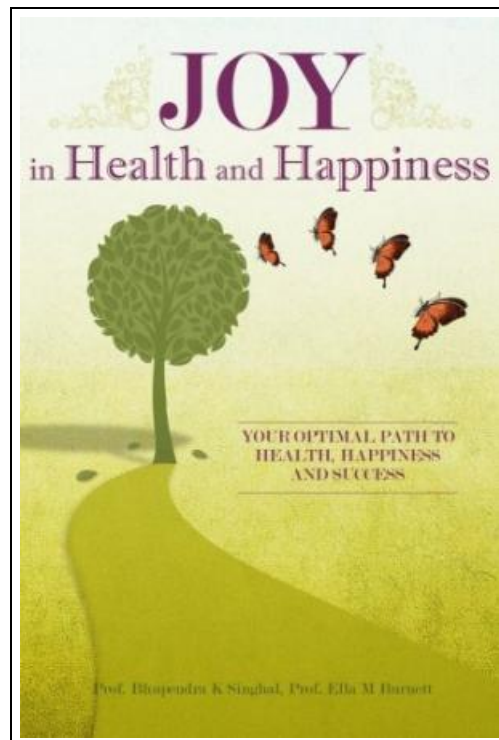


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Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book is for everyone from adolescent and on. It is a guide using a balanced approach to achieve joyful life. It outlines ways to achieve joy in forms of examples, quizzes and suggestions. In a way, it is like a recipe book where you can develop the recipe to suit your own individuality. However, all of the fundamentals discussed here lead to living a joyful life. Life is never without problems or issues, but problems and issues can be put in perspective and help minimized. It s easy to use and is meant for us to take notes, make evaluations of our progress, share with others, and really break each section down so we can learn how to apply it to our life and develop good habits. The concepts use a balanced approach and range from using common techniques such as breathing and yoga to steps we can use to boost self esteem and create positive relationships. Introduction To understand the meaning of joy, look at a little child who is playing with a toy. Children have an amazing ability to create a world with whatever is on hand. We see children give whatever they choose to play with their full and undivided attention. Children on a beach are a case in point; the only thing to play with is sand. However, they will create something, give it a name, put it in a context, and continue to build on that, completely oblivious to the weather, to the surroundings, and to people around them. When they are tired and want to go to bed, they ll quietly get up and go lie down. If we look at their...



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