



An Enlightened Path to Self-Discovery (Paperback)

By Ebrahim Mongratie

Ebrahim Mongratie, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Begin your transformation to a new colorful life, filled with an abundance of joy. A beautiful glowing light will soon shine on every aspect of your life. You will find meaning to your existence. Every day will begin with a positive radiance. Learn how to find and maintain a peaceful state, maintain a positive attitude, know thyself, achieve a balanced life, maintain the joy in your life, reinvent yourself one positive belief at a time, accept the things you cannot change, how to handle stress, create a perfect life one positive affirmation at a time, including some amazing breathwork and feel good on demand techniques. One of the intentional feel good, on-demand techniques is to simply say: In this moment, I let go of anger. Take a deep breath in through your nose and then exhale through your mouth. As you slowly exhale, say it again in your mind and imagine yourself blowing out all the anger inside of you.

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