

## Achieving Balance: A Simple Book That Will Change Your Life



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### **Reviews**

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*(Isobel Bailey)*

## ACHIEVING BALANCE: A SIMPLE BOOK THAT WILL CHANGE YOUR LIFE



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Manicboy Publishing. Paperback. Book Condition: new. BRAND NEW, Achieving Balance: A Simple Book That Will Change Your Life, Allan Willis, Carien Yatsiv, "Achieving Balance" - A simple book that will change your life. 'I strongly recommend that you have this book on your bedside table as a reference point for life'. Would you like your life to feel more enjoyable and fulfilling? Is it time to empower yourself and take control of your emotions? This title helps you learn how to improve your relationship with yourself and others. Balance affects everyone, without exception. Achieving balance is not the sole preserve of spiritual masters, gurus and the like. The things they are doing can be done by anyone who has a certain level of knowledge and a resolve to apply some of the techniques to their life. Achieving balance and fulfilment is attainable for all of us. How do I know that? Because fulfilment and balance are not dependent on external factors, they are only dependent on the perspective you choose to adopt. The balance that you feel is determined by the degree of alignment of your self image with who you really are. Reflecting the author's quest, this book explains the main elements of balance and how to apply them to your life. The concepts are presented in an accessible, simple and visual way to make them understandable digestible to a wide audience. Understanding and achieving balance does not have to be a difficult path. Everything you need to know is in the book. All that is required is an open mind and a willingness to change old habits. Everyone's journey in life is different, but the principles of balance like the laws of physics, are the same for all of us. They can be learnt the hard way or...



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