



## The Key to Your Happiness: A Methodology to Be Happy (Paperback)

By Ma Prem Bhama

Balboa Press, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A methodology that guides you on your self-realization journey This book presents a system that integrates Yoga, Meditation, Tarot, Writing, Visualization, Positive Affirmations, Coaching, Mandala for Transformation and Action Plan. When you practice this method, energy moves in your favor and helps you to manifest everything you always desired and dreamt about. This work will guide you in improving the twelve most important areas in your life: Identity, Finances, Mind, Home/Family, Health, Creativity/Fun, Relationships, Sexuality, Spirituality, Work/Profession, Goals and Introspection. The Key to your Happiness will help you to: - Know yourself better - Improve your finances - Love your sexuality - Calm the mental buzz - Construct a solid spirituality - Develop harmonious family relationships - Overcome the fear of success - Improve your health - Learn to set goals for yourself - Awaken your creativity and have fun - Discover the potential within you.



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