

Unconditional Happiness: 38 Highly Effective Ways to Release Resistance, and Help You Find Relief, Peace, Contentment Joy Without Anyone or Anything Needing to Change! (Paperback)



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
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UNCONDITIONAL HAPPINESS: 38 HIGHLY EFFECTIVE WAYS TO RELEASE RESISTANCE, AND HELP YOU FIND RELIEF, PEACE, CONTENTMENT JOY WITHOUT ANYONE OR ANYTHING NEEDING TO CHANGE! (PAPERBACK)



Elizabeth Richardson, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.For me, writing is a side-effect. Powerful words, super-creative websites and cool book cover designs are inspired through me as a result of Releasing My Own Resistance on whatever topic currently has me in its grasp. You see, when I have a problem that's caused sleepless nights, an accident, illness or lethargy, not wanting to work, failing to eat properly or go for my regular walks along the water that I generally love with a passion; I always know what I need to do. Start meditating again! Why is it that we often know what we need to do, but we just don't do it, we can't find the time to do it or it feels like something is preventing us from doing it consistently or even doing at all? It's called resistance! And the more you try and push yourself, the more you go into silent self-criticism, berating yourself for putting things off, being lazy or even worse, telling yourself you're a failure ---and the stronger it gets, the deeper you dig yourself into the muck. If this has happened to you, you are NOT alone! For me personally, I know that doing a circular breathing meditation first thing in the morning is one of the biggest "Power Moves" I can ever make. Meditating not only Releases the Resistance that's been keeping me stuck, but after doing it for a while, it rockets me into the next phase of my life, with greater awareness, more compassion, a deeper understanding of what other people go through and strong, strong, strong desire to live fully, laugh whole-heartedly and love completely yet again. The next thing I know, that problem...

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