



Add More ~ing to Your Life: A Hip Guide to Happiness

By Gabrielle Bernstein

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Add More ~ing to Your Life: A Hip Guide to Happiness, Gabrielle Bernstein, Lots of people are selling happiness these days as if it were a marketable commodity. But in her hip self-transformation book, "Add More ~ing to Your Life", motivational speaker and life coach Gabrielle Bernstein truly shows you how to make happiness a way of life. Ms Bernstein is bringing happy back. Designed to bulldoze negative thought patterns and create personal change through positive affirmations, physical activity and visualisation meditations, Gabrielle guides the reader to happiness in 30 days through her dynamic ~ing, a proven method of sharpening one's intuitive senses and activating untapped inspirations. Gabrielle will prepare you to change your life by accessing a state of flow, helping you connect with your ~ing, your inner guide, and readying you to release your limiting beliefs and to choose happiness.

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