
Choosing for Bliss

Reclaiming Your Inherent Joy



Renee Duane
with illustrations by Yvonne Rygiel

Choosing for Bliss: Reclaiming Your Inherent Joy

Renee B. Duane

Believing she was once at the street to happiness, sort a character Renee Duane continuously driven herself to accomplish up to she might in life. In 1997, Renee had a worrying husband, a good son, and a lucrative career. yet one morning Choosing for Bliss: Reclaiming Your Inherent Joy while Renee actually stumbled up and doing and fell at the floor, she discovered her physique was once slowly deteriorating the end result of her pushed lifestyle. perpetually Choosing for Bliss: Reclaiming Your Inherent Joy replaced via her epiphany, Renee made the life-altering selection to develop into proactive in reclaiming her health. In her guide to higher living, Renee combines information about her own trip to health with discovery instruments meant to aid others glance deep inside of to discover and do away with sabotaging unconscious behaviors and finally adventure joyous self-empowerment via heightened self-awareness. via anecdotes, inspiration, introspective exercises, and useful advice, Renee comprises counsel so others can find out how to: determine self-sabotaging behaviors; comprehend the body/mind/spirit connection; deal with ourselves with love and respect; take a jump of religion and make optimistic changes; rework attitudes and create bliss. deciding upon for Bliss stocks motivation and instruments that may aid Choosing for Bliss: Reclaiming Your Inherent Joy someone holiday outdated styles that sabotage overall healthiness and happiness and develop into a robust creator."

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