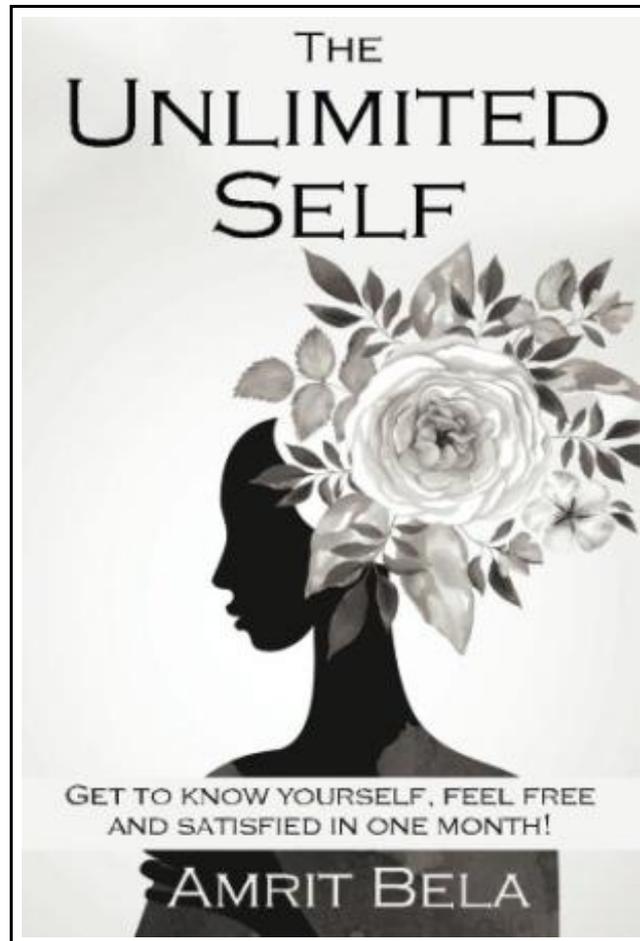


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.You ve probably read a lot of smart books on how to become happy, how to improve ourselves . What I suggest is not a panacea, but it is tested, verified and gives results. Our society is so developed that requires from us daily efforts, learning and adjustment . Somewhere in our everyday life happiness-such as we imagined it when we were teens - disappears . The road to happiness passes through the knowledge of ourselves, our body, emotions and life. The physical body is the temple of our soul. Everyone knows the phrase quot;Healthy body, healthy mindquot;! That is why to be completed, it is important to care, appreciate and know our own body. We have to do the best we are capable of and to recognize and respect any sign that it gives us, something we can do about it. When you feel comfortable in your body you feel strength, energy and confidence leading to a life, full of joy, harmony and satisfaction. You enjoy your own well-being, which enables you to be a loving and equal partner in any relationship; you feel confidence and fulfillment. You have complete freedom to be yourself, without any dependence on the opinions and approval of others. Circumstances do not become a creator and performer of our own destiny.



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