



## Be Happy No Matter What: 5 Steps to Inner Freedom (Paperback)

By Ellen Seigel

Clear Path Publishing, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Congratulations! You are now at the doorway to your inner freedom. Be Happy No Matter What provides a roadmap from unpleasant circumstances-childhood confusion, trauma, divorce, illness, or even a loss of loved one or a sense of self-to a place where you can be free from victim consciousness. Ellen Seigel's soothing Five Steps to Inner Freedom facilitate positive processing and healing from circumstances that have caused pain and loss. You'll learn to transmute your negative thoughts into a positive life plan. Use your newfound inner freedom to reconnect with yourself and the outside world in a new way that brings you lasting satisfaction and happiness-and join a universe where you are embraced and cherished! Be Happy No Matter What guides the reader through clearing negativity and embracing more positive, what I call Yes! Energy, in their lives. This book helps people take positive and definitive action toward reaching their big, hairy, audacious dreams. Loral Langemeier - Five time bestselling author and world renown speaker and coach. You are living your life every day. Why not love every minute of...



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