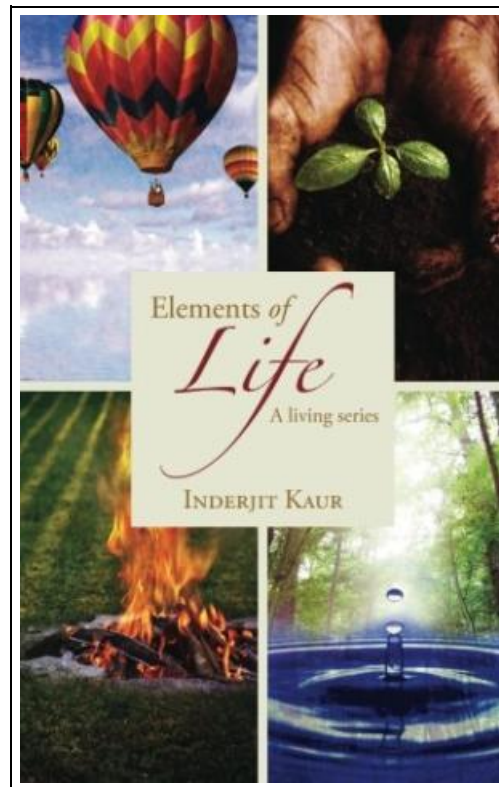


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Notion Press, India, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.How much do we know ourselves is critically very important and perhaps very essential. Life we do face many curves up and down while in course of life. Marriage, becoming parent, life traumas and recoveries, retiring from jobs, empty nest, loss of relations, death of beloved. So yes various experiences. We get tired sometimes and immediately ask a question why me?, but do remember the universe is not short of any wakeup calls we are just very quick in reactions. The four elements of life Air, Water, Earth, Fire are the only truth which than render the whole meaning of being as a human. Are we authentic? Are we living in courage? Are we kind and in patience? Are we grateful? How we face life and respond to life is all that matters. Elements of Life explores the options and choices which will help you to live more in tune with what you want from life. Motivational chapters simple questions based on elements of life - air, fire, water and earth providing simple strategies of life help you to live in harmony with yourself, others and the world, enhancing you to be true to your values and to interact with others while being In more patience. To do otherwise is to foster discontentment and unhappiness, but everyone wants to be in peace and lead a happy life in the end of the day. Living in moderation balancing all the elements of being authentic, being in peace, being grateful, being a little more compassionate can improve the very purpose of being in this awesome life.



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