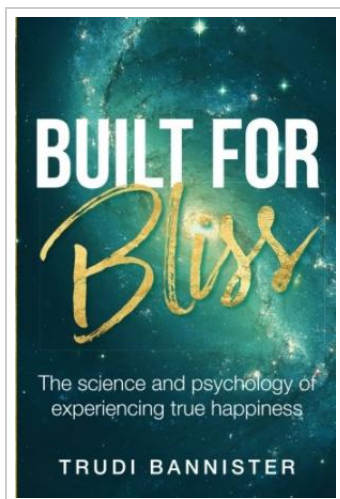




Built for Bliss: The Science and Psychology of Experiencing True Happiness (Paperback)

By Trudi Bannister

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Built for Bliss is a practical guide to living and loving with real joy ARE YOU READY TO CLEAR THE BLOCKS BETWEEN YOU AND A LIFE OF BLISS? Built for Bliss weaves threads from science and psychology, illustrating how we are actually wired for bliss, yet many of us have lost touch with our true essence and capacity for a joyful life. Through her work as a psychologist, and in her personal life, Trudi Bannister has intimately witnessed the blocks we experience - mostly subconsciously - between ourselves and living a life of bliss. Combining a potent blend of science, psychology, spiritual tradition and emotive experiences, Built for Bliss explains the common blocks between us and our natural propensity for bliss. It offers a valuable information and practical guidance to reclaim genuine happiness in our lives. ARE YOU READY TO. - clear the blocks between you and a life of bliss? - experience genuine self-acceptance and see yourself as happy, healthy and whole? - reconnect with your true essence and potential for a joyful life? - cultivate deep and loving connections...



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Reviews

An exceptional ebook along with the typeface employed was intriguing to see. It really is simplistic but surprises within the fifty percent of the ebook. It is extremely difficult to leave it before concluding, once you begin to read the book.

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These types of publication is the greatest publication available. It really is filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.

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