

Foreword by Jonaki Bhattacharya
New York Times bestselling author of
The Calmest Place

CREATING A LIFE OF JOY

A MEDITATIVE GUIDE



SARAH M. LEE AND KATHLEEN
Authors with the joy of meditating

Illustrations from
SARAH M. LEE

Creating A Life Of Joy : 2 Cassettes, 3 Hours. A Meditative Guide

Salle Merrill Redfield

"Creating a lifetime of Joy" in conventional Creating A Life Of Joy : 2 Cassettes, 3 Hours. A Meditative Guide audiobook structure may be a cassette software provided via Salle Merrill Redfield. This application is two times the size of her earlier programs; one cassette is an abridgement of the textual content in her book, and the second one tape is fullyt meditations. at the first cassette, Salle will speak about crucial innovations in the back of every one of her 8 steps to "Creating a lifetime of Joy" as defined in her book. between them are: -- potent communication-- Prioritizing time and space-- The miracle of synchronicity-- discovering your lifestyles mission-- and moreIn her book, Salle closes each one bankruptcy with questions and ideas that the reader can use in meditation. during this audiobook's moment cassette, Salle will lead listeners in meditations in keeping with these questions and concepts, using the wonderful imagery and fascinating presentation that made her different meditation courses bestsellers.

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