

Joy For A Lifetime - , Jones Valeria

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Joy for a Lifetime describes the essential principles of how to live a life of achievement, fulfillment, and joy at all times on a consistent basis. This book describes the four core areas of joy: 1. Internal Physical 2. External Physical 3. Mental 4. Spiritual This book explores life as enriching experience through the development of each core area. This book provides insightful principles and tools for the achievement of an optimal state of living in a variety of environments and situations. Author: Glasper, Tamika Author: Jones Valeria, Publisher: AuthorHouse Illustration: N Language: ENG Title: Joy for a Lifetime Pages: 00000 (Encrypted PDF) On Sale: 2011-09-07 SKU-13/ISBN: 9781456762360 Category: Self-Help : General

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