

Everyday You: Create Your Day With Joy And Mindfulness - Eric Maisel

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Eric Maisel has written more than thirty books to help people live more creative lives despite the difficulties our society throws in our path. In *Everyday You*, Maisel takes a fresh and innovative approach to inspire all who would live a mindful, joyful life, grounded and connected to their work, their families, their own spirit. *Everyday You* is an inspirational gift book with a twist--it is aimed at putting an idea into action for a richer life. For example, in "Grow connected by valuing connection," we are invited to write a list of reasons to strengthen connections with people in our lives. The very act of writing this list can help strengthen our connections. "Take the time to make a list that impresses you and convinces you of the value of connection in your life," Maisel encourages. Ninety entries in all make this a book to savor through a season and beyond. Deep and rich enough to dip into over and over again, this beautiful and inspiring bedside or coffee-table book is an ideal gift for any occasion. Author: Maisel, Eric Publisher: Conari Press Illustration: N Language: ENG Title: *Everyday You: Create Your Day with Joy and Mindfulness* Pages: 00127 (Encrypted EPUB) On Sale: 2007-04-01 SKU-13/ISBN: 9781573242868 Category: Body, Mind & Spirit : Inspiration & Personal Growth

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