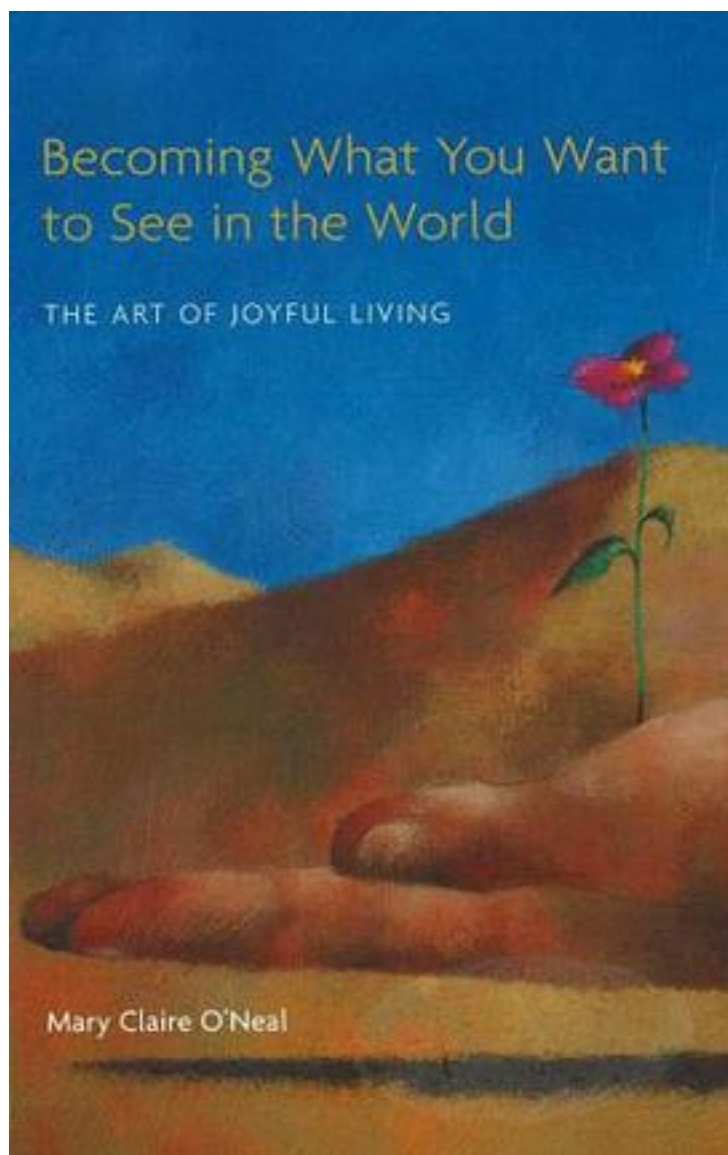


Becoming What You Want to See in the World



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This book includes tools to help you ignite and revive your passion in life; lighten your state of mind to make room for more joy; deal with the inevitable bumps in the road before they become potholes; and communicate to pave the way for more understanding, peace and unity in interactions with others. With engaging stories and practical tools and activities, this book offers ways in leading a more joyful, successful life. With clear plans of action for our busy lives, "Becoming What You Want to See in the World" centres around tools that anyone can use to improve their outlook and level of fulfilment.

作者介绍:

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