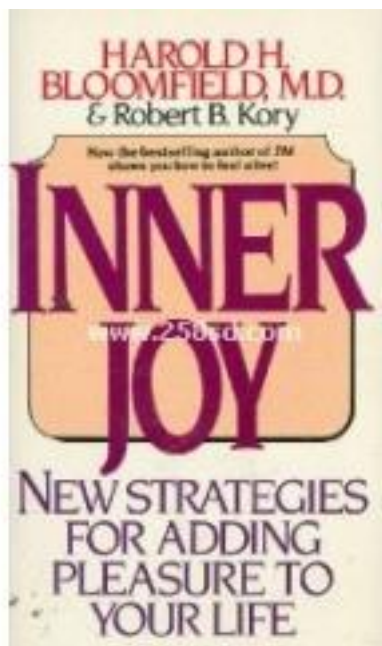


Inner Joy



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著者:Kory Bloomfield

出版者:

出版时间:

装帧:简装

isbn:9780515085891

Inner joy is a power source. The better you feel¼ the more
you can draw on your natural energy and ability. Your mind
is sharper¼ your thoughts more creative¼ your insights more
to the point. You feel at ease with yourself and can take
life's ups and downs with more equanimity. This insulates
you from helplessness and self-defeating behavior¼ while
expanding your horizons of personal freedom and fulfilling
experiences. The greater your inner joy¼ the greater your
confidence in your own ability¼ the greater your enthusiasm
for living.
Inner joy is also the foundation for declaring your unique-
ness and for expressing those qualities that allow you to
use your very own special talents most effectively. Nothing
is more destructive to the human spirit and to personal hap-
piness than never quite knowing who you really are¼ what

>you really want¼E and what you were put here on earth to
accomplish.

>

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