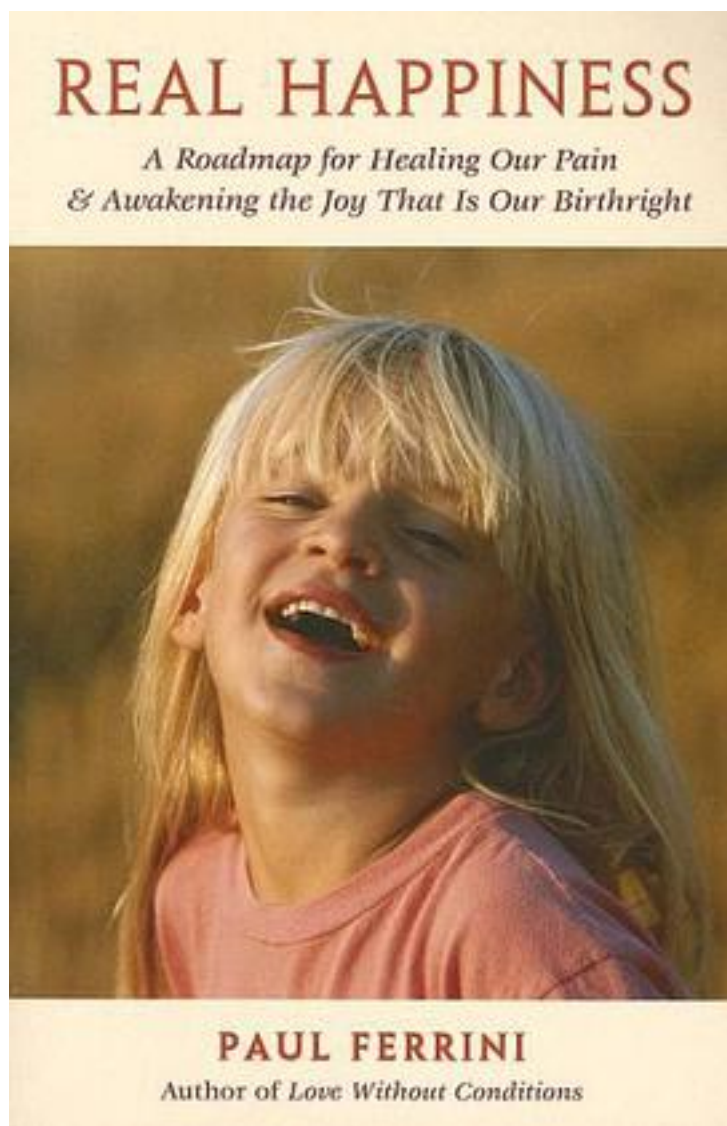


Real Happiness



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Provides a crystal clear roadmap for personal transformation. This book is not about the kind of happiness you see on billboards or television commercials. It is about being present right now for the ups and downs of life in a loving and compassionate way. It is about being ourselves fully and being responsible for what we are creating in our lives. It is about being willing to heal our wounds so that we can reconnect with the joy that is our birthright.

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