

# The Pursuit of Happiness



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Many people today need guidance in finding fulfillment in our often-disconnected world. Human beings are complex, but the secret to experiencing happiness is simple - you need only to look within. David Pond, author of the bestselling "Chakras for Beginners", offers an easy-to-follow system for manifesting true happiness in your life. Pond describes all seven dimensions from which we experience life, including physical identity, emotions, willpower, heart centre, thinking patterns and intuition, imagination, and spirituality. Pond then offers exercises and practical methods for developing and integrating each of these vital levels. Focus your attention, seek clarity through meditation and breathing, ground yourself with the Earth's energy, fine-tune your emotional intelligence, cultivate stronger relationships with others-and much more. Transcending religion and accessible to everyone, this seven-step programme shows you how to overcome everyday challenges, achieve a healthy balance, be a better partner and friend, and ultimately create a richer and fuller life.

作者介绍:

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