

THE 7 CONNECTIONS TO HAPPINESS AND HARMONY - Decision Making Made Easy with Yoga's 7 Chakras

SHIRLEY DESAI



The 7 Connections to Happiness and Harmony

DECISION MAKING
MADE EASY WITH
YOGA'S 7 CHAKRAS

[THE 7 CONNECTIONS TO HAPPINESS AND HARMONY - Decision Making Made Easy with Yoga's 7 Chakras](#) [下载链接1](#)

著者:Shirley Desai

出版者:Shared Step

出版时间:2009-11-04

装帧:Paperback

isbn:9780984061303

In our daily lives, we are continually confronted with difficult choices at work and at home. Therefore, there is a need for a simple and effective model to help navigate the winding paths of decision-making. The 7 Connections to Happiness and Harmony introduces the ancient 5,000 year-old chakra system from India for adaptive use in facing modern-life challenges. The 7 Chakras is a spiritually based energy system that is an integral aspect of yoga teachings. Readers will gain a new model for understanding themselves and others for fundamentally smarter and more practical decisions.

作者介绍:

目录:

[THE 7 CONNECTIONS TO HAPPINESS AND HARMONY - Decision Making Made Easy with Yoga's 7 Chakras](#) [下载链接1](#)

标签

评论

[THE 7 CONNECTIONS TO HAPPINESS AND HARMONY - Decision Making Made Easy with Yoga's 7 Chakras](#) [下载链接1](#)

书评

THE 7 CONNECTIONS TO HAPPINESS AND HARMONY - Decision Making Made Easy
with Yoga's 7 Chakras 下载链接1