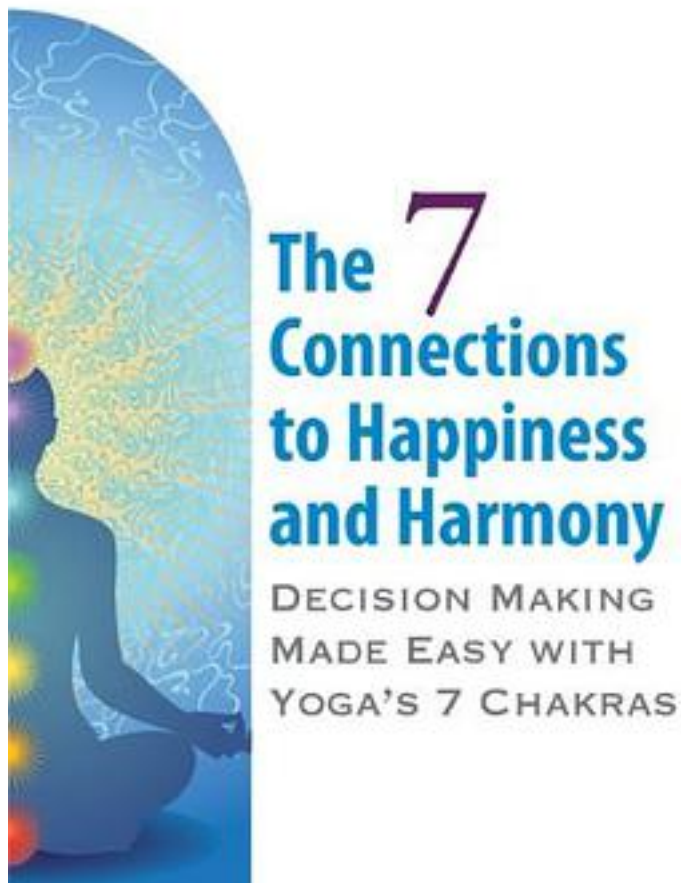


# THE 7 CONNECTIONS TO HAPPINESS AND HARMONY - Decision Making Made Easy with Yoga's 7 Chakras

SHIRLEY DESAI



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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:

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