



Mastering the Art of Balance (Paperback)

By Tom Youngholm

Creative Information Concepts, United States, 2009. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Who am I? Why am I so stressed? How can I be more balanced? Mastering the Art of Balance uncovers simple and practical steps to live authentically. This material is a unique and energizing blend of Eastern Thought, Western Psychology, and the inner workings of the Universe. As you read this stimulating book, you ll awaken to the power of Reducing stress, Eliminating past issues, Addressing today s challenges Living authentically Tom was devastated when he lost his job, home, and marriage after the financial meltdown in 08. He used his challenges to expand, clarify, and more fully embrace the wisdom within his first book The Celestial Bar, which has touched lives around the globe. The results of his efforts have manifested in this insightful, essential, and practical guide. You can use this information, no matter what your situation, to navigate today s hectic and crazy world. A Refreshing and Innovative Approach to Self-Help and Discovery.



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