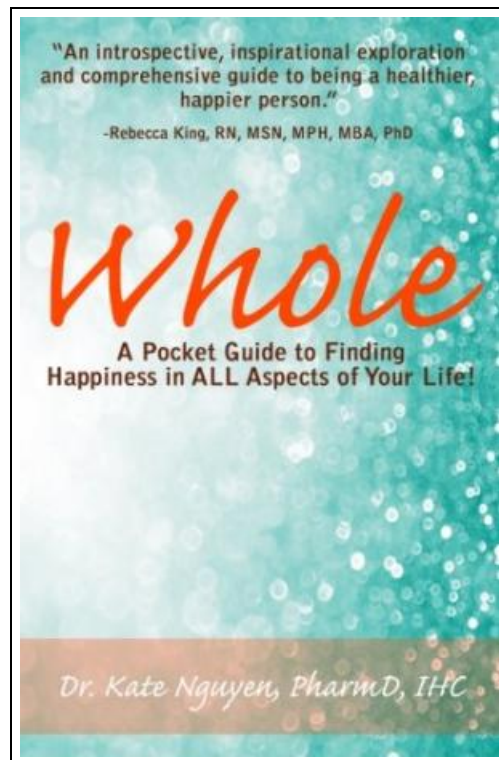


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Reviews

Complete guide! Its this kind of very good read through. I really could comprehend almost everything out of this written e publication. Your lifestyle span is going to be transform the instant you complete looking over this book.
(Reilly Keebler IV)

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Kate, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Whole: A Pocket Guide to Finding Happiness in ALL Aspects of Your Life! encompasses exactly what I believe the author sets out to give you. An introspective, inspirational exploration and comprehensive guide to being a healthier, happier person. Whole: A Pocket Guide to Finding Happiness in ALL Aspects of Your Life! by Kate Nguyen incorporates everything from mindfulness to financial planning to chronic conditions to eating local organic foods in a helpful and never preachy way. Kate Nguyen is real and thought provoking, she speaks from the heart, draws you in, takes you on her journey and gives you the steps to start, restart, or continue a journey of your own. Nguyen lays out a straightforward strategy for attaining a more mindful, healthier life. Each chapter focuses on a different aspect of a holistic approach to happiness. The guide clearly states the author was once on a less mindful path herself, and it effectively uses her journey to a more enlightened state as an example throughout the text. This helps make the guide relatable and compassionate. The chapters are well organized, making it easy to go back and refer to specific concepts, which make for a quick read. The language is simple and has a good rhythm without venturing into the trap of becoming either simplistic or esoteric. However, the book does a good job of making suggestions of how to slowly and systematically incorporate the ideas so change happens gradually and is sustainable. A perfect guide for those who truly seek health and happiness, it is a practical guide which brought on a gamut of emotions for me-tears, smiles, laughter, ah ha moments, and I even caught myself doing the 478 deep...



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