



Brave Leap to Freedom: Integrating Mind, Body, and Spirit to Cultivate Healthy Relationships (Paperback)

By Mba Felesha Love

Balboa Press, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.We can only express to others what we are inside. If your life is not as it should be or if you are tired of dealing with certain people, then it is time for a good self-examination. Discover why you attract the same kind of relationships. Find out how to balance work and family so that your vitality is not depleted. Find out how to become a more supportive leader. Find out why you feel empty inside when all signs say that you should be happy. Find out why the very thing you try to avoid comes to haunt you despite your best intentions. A toxic relationship, no matter if they appear in your personal or professional life, is your test of the dark night of the soul. Let's explore what could be getting in the way of living free of generational and habitual cycles that cause chaos. This book is filled with relatable stories and self-help exercises to help you bridge over to your highest good.



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