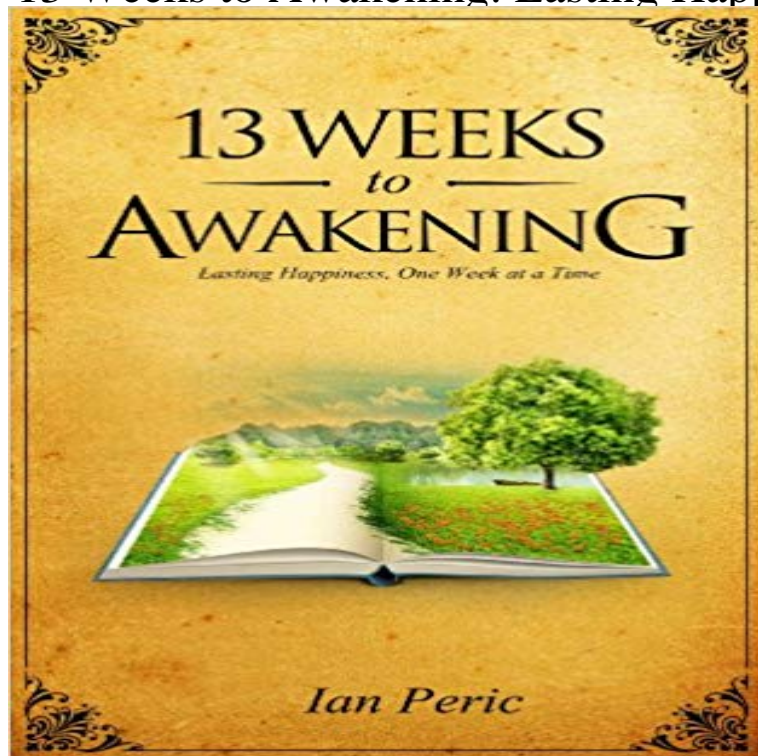


13 Weeks to Awakening: Lasting Happiness One Week at a Time.



Accept Yourself, Empower Yourself, Love Yourself. This workbook guides you through 13 weeks of focus as part of an awakening/self awareness process. This book has many exercises, observations and tools with the combined intention of helping you to create a solid foundation of self-love and happiness. Its a modern and practical application of ancient principles such as self enquiry and meditation. The focus is on achieving personal growth, positive life changes and lasting happiness fast. For more information and exercises please go to the 13 Weeks to Awakening website.

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