Finding Your Inner Spark

80 Keys to Bouncing Back from Life Changes

Authors: Vanessa Cahierre - Nadège Fougeras

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Genres : Well-Being/Self-Help

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A kindly guide to dealing with troubling events through concrete techniques.

Upheavals in life can be sources of stress and suffering but can also bring about welcome change. *Finding Your Inner Spark* is a practical guide to self-discovery and liberation in times of transition. The authors combine coaching skills and personal development techniques with the latest in scientific research, in an easy-to-read insightful guide to opening up new possibilities. *Finding Your Inner Spark* is also a manual of concrete techniques to help break us out of our comfort zone, put our troubled pasts behind us, and embrace the future!

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