



Date : 13/10/2021

Pages : 207

Format cm : 16 x 21

Prix : 18.0

EAN : 9782703312840

## Take Flight at Last!

Explore your Authenticity, Find your Way, and Feel Fulfilled!

---

Author: Peggy Tarillon

Publisher : Dangles

Category : Practical Books

Genres : Well-Being/Self-Help

Keywords : Journaling - Writing - Introspection - Fulfillment

---

Do you aspire to a peaceful life in tune with your values and desires? Reconnect and explore yourself step by step to reveal yourself.

In the mood for change? Well, what are you waiting for? Maybe you want a quieter life more in tune with your values and desires? Thanks to these concrete exercises to be implemented as part of your daily routine, you can begin a personal exploration toward the change you want to make happen. Through journaling, motivating testimonies, and 150 questions, find out who you are and clarify your fundamental values. Explore yourself step by step and get back in touch with your intuition. By evading inner voices and giving yourself time, you'll be able to make important decisions for yourself.

---