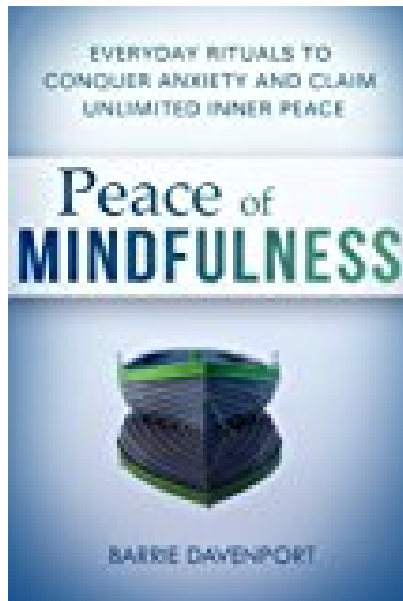


Peace of Mindfulness Everyday Rituals to Conquer Anxiety and Claim Unlimited Inner Peace



BOOK DETAILS

- Author : Barrie Davenport
- Pages : 130 Pages
- Publisher : CreateSpace Independent Publishing Platform
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BOOK SYNOPSIS

Certified Life Passion Coach Barrie Davenport is about to lead you on a year-long journey of personal discovery. Inspired by her personal mid-life transformation, The 52-Week Life Passion Project is filled with lessons and actions to help you uncover and live your life passion. Its your weekly personal coaching session, leading you on the path from the life you have to the one you dream of living-a life that is . . . + aligned with the person you want to be + balanced and prioritized according to your values and desires + centered around purpose and meaning + experienced each day with excitement, joy and passion! Each lesson leads you toward deeper self-awareness and increased clarity around the person you are, what it is you want for your life and exactly how to get it, and then concludes with specific weekly actions for your next steps. The 52-Week Life Passion Project is designed to be followed sequentially. Each lesson steadily leads you toward uncovering your life passion, and guides you in creating a realistic plan to live it each day in a way that works best for your life!

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