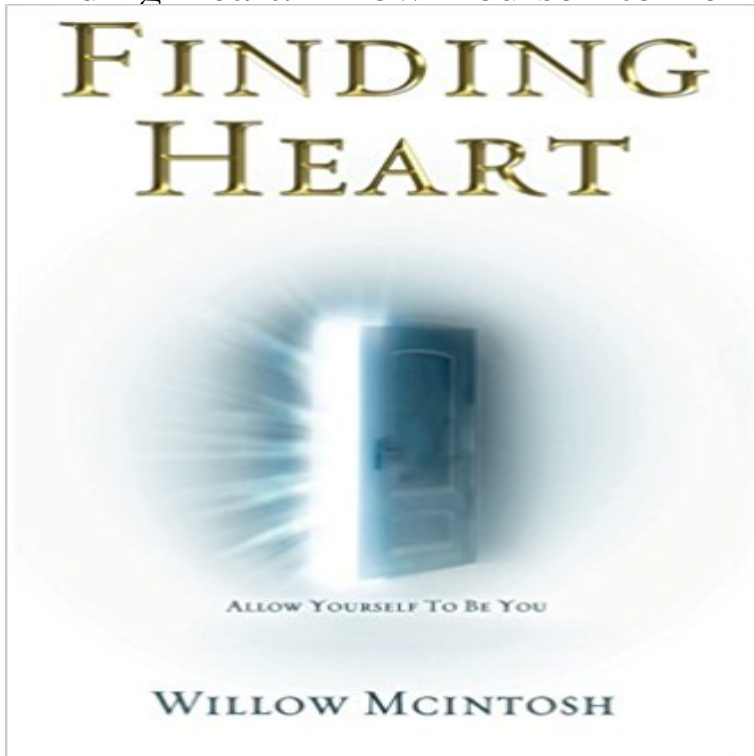


## Finding Heart: Allow Yourself to Be You



If you have found this book then you are ready! Come to realise that who you are and where you are right now is the perfect ingredient to live the adventure you have always wanted. The courage to live this adventure emerges as an authentic feeling of happiness is reignited. Discover tried and tested techniques to work with and process the difficult thoughts and emotions that are limiting progress right now. Practical and easy to use tools will map out the bespoke adventure, ensuring the intended choice of action is genuine. Witness everything that is needed arising on this natural path. Open up and dive into this warm, light-hearted and understanding narrative. Whatever it is you wish you were doing right now you will be on your way by the time you have finished reading.

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