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| 2. Record Nr. | UNINA9910163917903321 |
| Autore | Dyer Wayne W |
| Titolo | Being in Balance : 9 Principles for Creating Habits to Match Your Desires |
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| ISBN | 9781401951740 1401951740 |
| Descrizione fisica | 1 online resource (85 pages) |
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| Soggetti | Self-actualization (Psychology) Spiritual life |
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| Nota di contenuto | Title Page -- Copyright Page -- Table of Contents -- Introduction -- |

CHAPTER 1: An Infinity of Forests Lies Dormant Within the Dreams of One Acorn -- CHAPTER 2: There's More to Life Than Making It Go Faster -- CHAPTER 3: You Can't Kiss Your Own Ear -- CHAPTER 4: Your Addictions Tell You, "You'll Never Get Enough of What You Don't Want" -- CHAPTER 5: You're Not What You Eat; You're What You Believe about What You Eat -- CHAPTER 6: You Can't Discover Light by Analyzing the Darkness -- CHAPTER 7: Fighting Any Adverse Condition Only Increases Its Power Over You -- CHAPTER 8: Love Is What's Left Over When Falling in Love Fades Away -- CHAPTER 9: Earth's Crammed with Heaven -- About the Author

Sommario/riassunto

Wayne W. Dyer's book explores the concept of achieving balance in life by realigning one's thoughts with their desires and daily habits. Through nine principles, Dyer aims to guide readers towards restoring natural equilibrium and tapping into their innate potential for creation. Drawing on philosophical insights and personal reflections, the book encourages readers to nurture their dreams while managing the routines of daily life. The author targets individuals seeking personal growth and spiritual well-being, offering them a pathway to a more harmonious existence.
