



# Who We Are When We Thrive: Remembering Happiness & Rediscovering Health

*Lori L Hollohan MA*

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We all have the capacity to remember who we are as happiness itself; a happiness that has no conditions for arising. Rediscovering the mind-body connection allows us to release old mental and emotional patterns that compromise our current physical health and overall well-being. This book helps us to rewire our conditioned minds and bodies, so that we can throw away old concepts and patterns, free up our energy on all levels and begin to thrive once more.

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Who We Are When We Thrive: Remembering Happiness & Rediscovering Health can be one of your starter books that are good idea. We all recommend that straight away because this publication has good vocabulary that may increase your knowledge in language, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort that will put every word into enjoyment arrangement in writing Who We Are When We Thrive: Remembering Happiness & Rediscovering Health yet doesn't forget the main level, giving the reader the hottest as well as based confirm resource information that maybe you can be among it. This great information may drawn you into brand-new stage of crucial considering.

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