



## Chakras: The Beginner's Guide to Harnessing the Power Within Yourself for Health, Wealth and Happiness (Paperback)

By Seth Cohen

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Chakras For BeginnersWe all work hard every single day to bring balance and happiness into our lives. Many of us juggle a career, a family, and a million other things all while trying to achieve our goals in life and maintain our sanity at the same time! Needless to say, it's tough and rarely do we actually manage to find any balance. As you become successful in one area, another one usually suffers.Chakras and BalanceThere are thousands of books published every year professing some new trend in self-improvement that is supposed to help you achieve that balance. But why go through the stress of reorganizing your life to try and fit every new trend that comes out when there is an ancient and amazing method that has worked for centuries?The idea of chakras that exists in both Buddhism and Hinduism has allowed millions of people to not only achieve balance in their lives but maintain that balance even under pressure. Using this method, you can fulfill your dreams, find happiness, improve your health and many other wonderful...



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