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Comfort Healing and Joy: Secrets to living a magnificent life

David Fox MD

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Comfort Healing and Joy: Secrets to living a magnificent life David Fox MD
What if a wise and loving soul gently took you by the hand and showed you how to be happier than you've ever been before? Whether you are stressed out, hurting, anxious, or "stuck" - or simply want to cultivate the skills necessary to increase your current level of day-to-day happiness - you need Comfort, Healing and Joy. This book of heartfelt essays takes you on a fabulous journey to uncover, more and more, the real you. Comfort, Healing, and Joy is a beautifully written, penetratingly insightful treasure trove of profound truths and practical how-to exercises that will interrupt the patterns that hold you back and show you how to "discover your bliss." Appropriate for people of all ages who are searching for a way to bring more joy, meaning, and fulfillment into their lives, this book offers true hope for enjoying a more peaceful mind. When you connect with the author's gentle and uplifting voice, you will feel accepted, understood, and cared for, as he guides you with a kind and steady hand. You will learn new ways to put an end to self-created suffering, adapt to life's challenges, and share your radiance with the rest of the world. David Fox, M.D., spent three decades discovering and polishing powerful skills that will allow you to transform yourself for a richer life, no matter what problems you might be facing. Based on wisdom gained during his own personal journey, Dr. Fox brings a healer's touch to this life-changing book. REVIEW Comfort, Healing, and Joy is a caring guide that ushers us into claiming our birthright of inner and outer wholeness. It is a most excellent medicine for healing any sense of lack, limitation or unworthiness, and for stepping into the innate capacities of the human heart and spirit. Savor it!`` Michael Bernard Beckwith author of Spiritual Liberation~Fulfilling Your Soul's Potential

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