



The Nature of Change: A 12 Step Journey to Mastering Conscious Change by Ditching Materialism and Embracing Your Wildly Natural Self (Paperback)

By Sharon L Johnston

Uzima Life, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Searching for a way to get more out of life than stress, poor health, and discontentment? Have you already given change a shot, but it didn't stick? Made up your mind to make a change, but need some tips? Then your luck has changed for the better! Certified change agent and health coach Sharon Johnston is about to connect the dots of standalone philosophies and research to form the stepping stones of your exciting journey to a happier and more fulfilling life. Her strategies tease out the innate knowledge everyone carries within—knowledge of how to live in harmony with nature, your body, and others. It's a new model that is soul-centered, challenges commonplace and conventional thinking, and dilutes the theory down into bite-sized nuggets that are easily digested, when taken moment by moment. Start questioning societal norms like materialism and egotism. Challenge yourself by asking the tough questions, and let these steps and strategies direct you out of the darkness and into light and love, where life is healthier, full of joy, and mutually beneficial...



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