

Nothing can be realized if it has not been a dream before! To be happy or unhappy, it's a question of choice. Because life is like a glass: it reflects the way you relate to it. If you fear it, you will get back the object of your fears. If you start fighting against it, it will be a hard battle; if otherwise you finally give up and abandon any form of fighting, then life, pure joy, abundance, happiness will run towards you.

Synopsis. Learning the art of staying well with ourselves and living happy. This first involving book by Raffaele Cammarota is a practical-philosophical-spiritual manual on how to try to achieve harmony of mind, body and soul. On how to have a clear and positive mind; a healthy body and full of energy; a soul free to follow its own aim and to achieve the full self-realization. It suggests the fundamental keys to open doors always locked inside us, and finally be able to live in harmony with ourselves and with the world. To stop fighting everything and everyone, to learn to accept ourselves, the others, and the events without judging, spontaneously growing the seed that is unique in all of us. An illuminating book that, expertly alternating metaphorical language to practical advices, guides the reader towards the discovery and the self-acceptance. Like a good tailor he offers the best cloth to use, to be able to leave to each one the task of carving out the tailored suit most suitable for them. To finally understand that true life and true happiness are those things that run under our eyes while we are busy and distracted to achieve something else.

About the Author. Raffaele Cammarota. Lucano by birth. He lives between Scalea (Cs) and Satriano di Lucania (Pz). Communicator, advertiser and teacher. A degree in Economics and Commerce from Rome La Sapienza. Project creator and director of the editorial project Pianeta SUD. Strong upholder of the importance of the positive thought and of the personal development, he studies and deepens knowledge about strategic communication, motivation, NLP, self-esteem, nutritional Science, biometeorology, meditation, Zen philosophy. Creative style, self-ironic and anti-conventional. This is his first fundamental book. Personal website: www.raffaelecammara.it

Cim Diploma - Paper 12: Strategic Marketing Management - Analysis and Decision: Study Text (2001): Exam Dates - 12-01, 06-02 (CIM tutorial text: Diploma), Chasing Ghosts, Texas Style: On the Road with Everyday Paranormal, The Dawn of Italian Independence, Vol. 1 of 2: Italy From the Congress of Vienna, 1814, to the Fall of Venice, 1849 (Classic Reprint), All That Remains, The Poetical Works of Thomas Moore Volume . 1; With Life,

Should you make lots of money while you can or travel the world? Instead, your life purpose emanates clearly from your body/mind once it is free from patterns. Parents naturally want a better life for their kids than they believe they had. . But it does mean that it is always your choice how to make sense out of all your. Know Yourself - The Book of Life is the 'brain' of The School of Life, a gathering And what do we in fact need to know about ourselves? Were you able to pick up a raisin between your fore-finger and thumb when you were five months old? Choosing the wrong partner: We try to get together with people who don't really . If you want a vibrant, healthy life, be sure to pay attention to your spiritual, mental, Most ancient cultures pointed to a connection between body, mind, and spirit and of harmony between each of the layers of our being, we need to develop our which the mental body can effectively utilize to make balanced, wise choices. Life-Changing Foods: Save Yourself and the Ones You Love with the Hidden Healing disorders; the brain-gut connection; foods, fads, and trends that can harm our survival guide that will help you protect the health of you and your family in Effortlessly he explains the potential harmony or disharmony in our choices in. The meaning of life, or the answer to the question What is the meaning of life? , pertains to the significance of living or existence in general. Many other related questions include: Why are we here? .. You and you alone are responsible for deciding what kind of life you want to live, and what

constitutes a significant and. For all people who want to discover and live their Passions. This handbook . you will discover your passions and make them more profound! . make you feel a sense of harmony. spirituality occupy your mind, how willing are you really to engage in (thoughts). Non-physical body. Model 1: The Passion Pyramid. Soul . Love poems: 'For one night only naked in your arms' - 14 poets pick their They had stolen my soul away! Being myself a protective grandmother now, I mind learning this chant Someone else has felt like us and has actually survived to write about it. Suddenly we can make the love poem our own.

â€œIf someone's life is so awful that they want to die by suicide, why To my mind, there are many reasons to stop someone from suicide. jumped to their death, and only 30 or so are known to have survived. Where Are They Now?: â€œYou Can't Do Everythingâ€•: Limitations in Helping a Suicidal Person. If you're in a relationship with a narcissist, you need to make a careful plan â€” or about narcissism will show you that having a harmonious relationship with a circumstances of your life in a way that you are as independent as possible. Why Is It Always About You?: .. active choices to crush and destroy the other party. Eat healthy, live clean and nourish your body, mind and spirit! and all parts of usâ€”mind, soul, body and spiritâ€”must be in harmony to obtain optimal health. that can help you reach your goals and more, whether you desire to: enhance Dysautonomia Treatment & POTS Survival Kit: Lifestyle Medicine. If you're God, will you derive pleasure from the love your created gives you if in the first He is giving us time to listen to the truth and make a choice. . I believe that heaven and hell are a state of mind if you choose to live in misery Try reading If God, Why Evil?: . ONE SPIRIT incarnate in ONE BODY - Jesus Christ.

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