# Catch the Spark Within: Transform a Mere Existence Into a Joy-Filled Authentic Life (Paperback)



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#### Reviews

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be play, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

(Rene Olson)

# CATCH THE SPARK WITHIN: TRANSFORM A MERE EXISTENCE INTO A JOY-FILLED AUTHENTIC LIFE (PAPERBACK)



788525 Ontario Inc., 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Sometimes we re feeling stuck, uneasy or listless and need a proven formula for feeling better and figuring things out. Catch the Spark Within teaches life lessons learned from experience that help you see choices and take steps to better your life. Active meditation is one technique that will invigorate your life. There are 40 passages to inspire you to build emotional stamina and resilience as a reserve for different seasons in your life. You will see solutions for your troubles and be encouraged to develop new personal and work habits that will transform your life. If you re feeling a bit lost, anxious or hopeless, you will get new insights into how to use life s blessings and struggles as gifts for overcoming brokenness and how to live a life with no regrets. What s missing in your life? Are you hiding wounds and deep desires? Are you restless? Don t allow yourself to be imprisoned in a cage of pessimism or powerlessness. Catch the Spark Within will lift your spirit and nudge you out of a rut, slowly but surely. You will be motivated to live your best life despite loss, sorrow, and suffering. You will find joy, love and peace. The passages are lighthearted and the life lessons are illustrated with renowned film scripts. Go ahead and plug in. Charge your life with optimism and a can-do attitude. Catch the Spark Within is therapy for the soul and a wellness remedy for depression, disappointment, and distress - a guiding light for teens and adults of all ages. What do readers say? I had no idea this was some of the reason I felt dull and incomplete. For the longest time,...



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