



Heart-Shaped Rocks: A Path to Happiness (Paperback)

By Lee Ann Perry

Balboa Press, United States, 2013. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. For more than twenty-five years, Lee Ann Perry has been counseling others out of anxiety and depression. When faced with the emotional trauma of the breakup of her own marriage, Lee began her ascent to happiness by reaffirming her fundamental belief that there is always a way to overcome adversity. Through the years, Lee observed that some people recover quickly from setbacks while others linger in pain. She resolved to be like the former, moreover, she was determined to discover the most direct path back to thriving. Over her lifetime, Lee has been a seeker of inspiration and enlightenment. Given her interest in spiritual evolution, her marriage ending was compelling evidence that something was off in the way she had interpreted and applied what she had come to believe. That disconnect impelled her to a rigorous examination of the evolution of her spiritual and philosophical path--which beliefs and practices had contributed to her overall happiness, and which had not. Lee was convinced that both staying stuck and moving on were choices; she recognized that she did not have to be a victim...



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