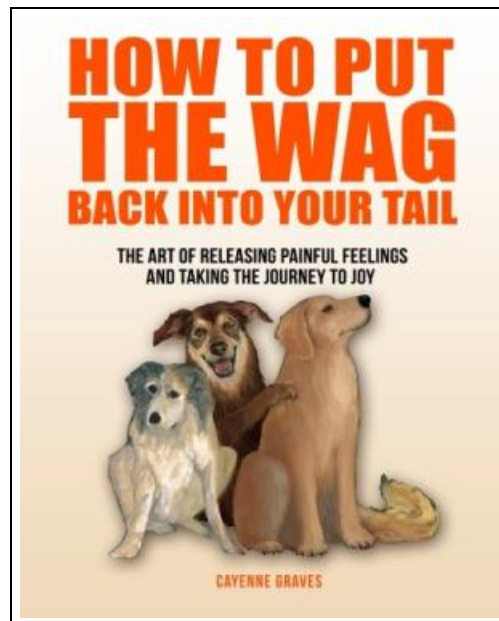


## How to Put the Wag Back Into Your Tail: The Art of Releasing Painful Feelings and Taking the Journey to Joy



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## HOW TO PUT THE WAG BACK INTO YOUR TAIL: THE ART OF RELEASING PAINFUL FEELINGS AND TAKING THE JOURNEY TO JOY



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Say goodbye to a life half lived, and start your own Journey to Joy. Nothing says happiness like the wagging of a dog's tail. But when was the last time you felt that kind of sustained joy? As a young woman vacationing on St. John in the U.S. Virgin Islands, author Cayenne Graves fell in love and married an island sage named Woody. The young couple bought a seaside parcel of land and laid the foundation for an idyllic family life. Yet the island dream was ripped apart the day Woody suffered a cardiac arrest, dying at the age of 33. Cayenne descended into a grief so deep that she experienced an alternate reality, with no awareness of her physical self. Landing in a place of deep peace inside herself was her first step on the long journey back from the deepest grief to a life of joy. How to Put the Wag Back Into Your Tail follows Cayenne and her dog Houndy on a courageous journey of self-determination and self-examination. Told with island stories of humor and hope, and a heartfelt series of twelve of her paintings depicting dogs as a metaphor for unconditional love, Cayenne shares her secrets for releasing painful emotions like grief, anxiety, stress, not feeling good enough and loneliness. This book is filled with links to online guided meditations and transformative practices. We all long for a deep peace to take away our fear. fear that we can't handle any more tragedy or hurts, fear that causes us to close down to life and those around us. We ache to be comfortable with ourselves no matter what. This book...

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