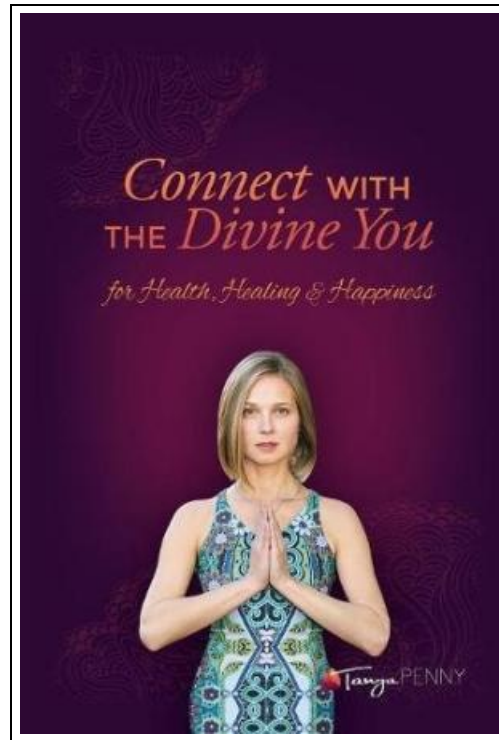


## Connect with the Divine You: For Health, Healing Happiness (Paperback)



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(Prof. Trever Torphy)*

## CONNECT WITH THE DIVINE YOU: FOR HEALTH, HEALING HAPPINESS (PAPERBACK)



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Manor House Publishing Inc., 2018. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Many of us become disconnected from our true Self for many reasons while growing up. Over time, this disconnection can cause all sorts of health problems in our minds and bodies, as well as breakdowns in other important life areas: our relationships, our finances, our careers and life purpose. In this book, Tanya Penny teaches you how to reconnect with yourself. Her Therapeutic Meditation Process and other tools will help you listen to your body, release toxic emotions, shift limiting beliefs, connect with your inner guidance, and ultimately walk the path to healing yourself. If you desire enhanced health, happiness and the opportunity to live the passionate, abundant life of your dreams, this book will help you to enjoy your life to the fullest. About the Author: Tanya Penny is an Occupational Therapist and Vibrant Body Abundant Life Coach. For 25 years of her life, she experienced anxiety, depression, pain, and she carried extra weight. In 2004, Tanya was diagnosed with Multiple Sclerosis. That was a wake-up call that indicated there were some deeper issues in need of love, attention, and release -- issues that medications, lifestyle changes, and medical interventions couldn't touch. It wasn't easy (she had to peel back the layers and really look into her Self) and it wasn't quick (it took years), but she healed. Now, Penny teaches the Therapeutic Meditation Process and the 10 Vibrant Body and Abundant Life Keys, trusting that they will find their way into the hearts and lives of those who need it, and who are ready to take the journey of discovery that lies ahead. Find out more about her work at Tanya Penny has written a powerful...



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