



Everyday Bliss for Busy Women: Energy Balancing Secrets for Complete Health and Vitality

Maryam Webster

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After rushing through your morning routine, dropping the kids off at school, completing your responsibilities at the office, and handling other daily duties, it's really no wonder that you feel drained at the end of the day. It is possible, though, to find room in even the most hectic schedule to enjoy life moment-by-moment and refocus on the goals that matter most to you.

This book shows you how to stop living at warp speed and reclaim your life for yourself. You'll learn how to use cutting-edge energy psychology techniques and the power of intention to:

- Create a beautiful private space to escape stress and invite bliss
- Recharge throughout the day using the same quick, simple routines used by elite energy coaches
- Reduce mental clutter through deliberate acts of focused intention

Don't settle for just keeping your head above water and getting everything done. You deserve to find focus, balance, and everyday bliss. With what you'll learn in this book, you can.

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