



On Holding On and Letting Go: 7 Helpful Methods on Making the Best Decisions for a Happy, Meaningful and Peaceful Life (Meditation & Declutter)

Megan Beck

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Being happy and at peace with your own person and everything that surrounds you is a notion so general that it is impossible to find one single way to define it. But this is perfectly normal taking into account that we are all different individuals and that, as a consequence, we all picture happiness in a unique way.

However, this ideal concept of happiness – in all its forms and manifestations – is not possible if we do not know how to eliminate or learn how to control those aspects of our lives that can stop us from achieving our goals. Living the perfect life is utopia simply because there is no such thing as a real (scientific) definition of perfection. What we can do instead is learn how to take only the best elements from what life has to offer to us and make use even of the saddest and most annoying and frustrating happenings.

Here is a preview of what you will learn from this book:

- How to understand what happiness, meaningfulness and peacefulness means to you
- How to make a clear distinction between what you want and what you need
- How to stop the past from staying on your way to personal fulfillment
- How to enter and benefit from the state of flow
- How to accept, love and take pride in every part of you
- That temporary mistakes and drawbacks do not define you
- The importance of dedicating your time to those who really need you (including your inner self)

And these represent only a small part of everything that you will learn by reading this book carefully. Unfortunately, we all have a limited time in this life so we have to make the best of it.

There is no room for hesitations; download this book and start your journey to your happy, meaningful and peaceful life.

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