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## Find Your Friggin Joy: Discover Missing Links from Ancient Hawaiian Teachings to Clean the Plaque of Your Soul and Reach Your Higher Self. (Hardback)

By Belinda Farrell

Balboa Press, United States, 2012. Hardback. Book Condition: New. 231 x 160 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Belinda Farrell is a courageous woman sharing personal woes so that others may find strength in their own journey. She lights the path of hope, brightens the realm of despair and embraces the act of survival. Cal-Berkeley graduate, Mom, Snow White, almost CIA agent, stunt car driver, actor, writer, hot coal walker, Huna teacher, wild dolphin swim guide, she s a New Millennia Renaissance woman offering good health and holistic healing. Her new book Find Your Friggin Joy is not for the faint of heart, but a manual for those brave enough to confront their demons, face their feelings, and exalt their potential. -Broderick Perkins, Executive Editor at This book takes you on a journey using Ancient Hawaiian Teachings that invite the reader to take personal responsibility to unplug from the old non-productive stories and step into the frequencies of your Higher Self. Connecting with these frequencies can heal your physical body, bring you back into balance, lighten your load, and fulfill your soul s purpose. It s all up to YOU! When Belinda was forty...



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