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Cycle of Evolution: Five Steps to Navigate Life Transitions with Mindfulness.

By Christelle Chopard

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. Cycle of Evolution Five steps to navigate life transitions with mindfulness. By Christelle Chopard This book provides tools for stress awareness, and management. It shows a way to navigate life transitions with clarity, and compassion. The steps guide us from our starting point, who we are now, towards a new point of reference-one that is closer to our full potential. Through clearly defined steps, A Cycle of Evolution offers accessible techniques to clear emotional, mental, cell and muscle memories, along with limiting core beliefs. It will serve as a reference and guide that can be used regularly to clarify your mind, nurture a healthy self-esteem, and move through progressive cycles along your journey. It is a holistic approach based on the Five Elements for holistic development. This is a book of 156 pages. Chapter 1. A Constant Evolution Chapter 2. Masks and the Ego Chapter 3. Evolving in Context Chapter 4. Embodied Memory Chapters 5. to 10. The Cycle of Evolution Chapter 11: Case Studies Chapter 12: Q and A.



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