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Lori Harder is a self-love expert with over one million listeners on her Earn Your Happy podcast. In *A Tribe Called Bliss*, she shares the exact structure she used to build her own tribe and grow from the anxiety-ridden, unhealthy, introverted underachiever she was to the confident woman who takes risks and leaps out of her comfort zone, with a foreword from number one New York Times best-selling author Gabrielle Bernstein. The benefits of having a tribe are undeniable. Women who have strong social circles are living longer, happier, healthier lives in comparison to those who lack connections and are mentally and physically exhausting themselves trying to quench external desires in isolation. Today, we live in an uber-connected era, where anyone is able to make thousands of friends and participate in their lives with the swipe of a finger. Why, then, in such a connected time in history, do so many women feel disconnected, confined, misunderstood, and defeated or think that success is a solo project? In *A Tribe Called Bliss*, Lori Harder bridges the gap between inspiration and action, providing a lasting resource for positive change and a guidebook for establishing a support tribe. This practical book is for the growing audience of women seeking the sisterhood and connection they crave so much. It encourages readers to examine life on a micro level, and Lori provides lessons and contextual self-work exercises on how to develop the kind of awareness of the present moment that is the key to a lifetime of blissful happiness.

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