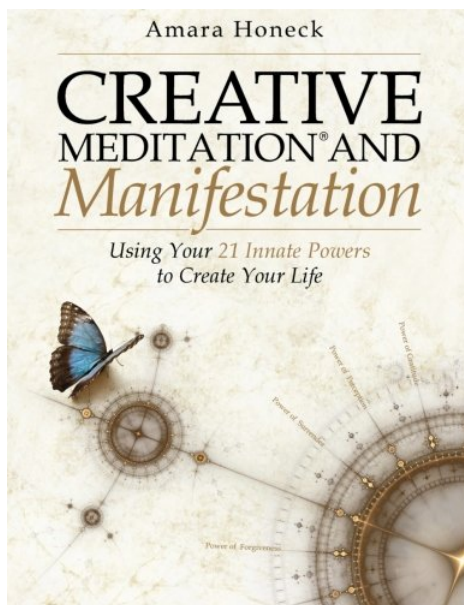


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Society through social media, radio, and television tells us what we should want in our lives: to be more, have more, get more. But money and possessions are not necessarily what brings us happiness. Our highest joy comes through finding and achieving our life's purpose and goals — our souls' desires. Through the Creative Meditation and Manifestation practice you will learn to access the inner POWERS we all possess and put them to work building a pathway to your greatest success and happiness. This 21-day interactive workbook engages readers on many levels and offers easy-to-understand and powerful guidance on: Learning to be mindful using a simple technique to bring you fully into the present. Creating your life by giving you real tools for learning to change your thoughts and thought process. Using a simple form of meditation to quiet your mind chatter so you can get to the real issues and goals in your life. Focusing your thoughts, words, and actions to become who you are meant to be. Redirecting negative thoughts into positive thoughts so you can co-create a beautiful life. Helping you create a life filled with joy by empowering you with Creative Meditation and Manifestation tools to win back your autonomy. Answer your soul's wake-up call, tap into your inner POWERS, and create your beautiful life.

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