



## The Wellbeing Revolution

By James McWhinney

The Wellbeing Revolution. Paperback. Book Condition: New. Paperback. 192 pages. Dimensions: 8.4in. x 5.4in. x 0.7in. Life is hard, and for many of us meaningless, trivial and unfulfilling. We are increasingly depressed and anxious, increasingly addicted to unmoderated behaviours and transient pleasures believing they are the solution. But they are NOT and we need to WAKE UP and make a change. In his book The Wellbeing Revolution - Mastering Extraordinary Human Living - author James McWhinney shows us how to change by offering a new approach to living that will satisfy our deepest needs and bring meaning and wellbeing into our lives. The wellbeing revolution begins now. Your wellbeing is dependent on your willingness to courageously flaunt your unique inner drive. Yes, you have a unique inner drive, and the quality of your life is determined by your compliance and manner in which you fully give it to the world. This book has been specifically written to help you create an extraordinary life, a life that frees you to do whatever you want, whenever you want - a life truly worth living. Now is the time to create the life of your dreams, to fulfil your potential and shine your light...



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