



## How to Put the Wag Back Into Your Tail: The Art of Releasing Painful Feelings and Taking the Journey to Joy (Paperback)

By Cayenne Graves

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Say goodbye to a life half lived, and start your own Journey to Joy. Nothing says happiness like the wagging of a dog's tail. But when was the last time you felt that kind of sustained joy? As a young woman vacationing on St. John in the U.S. Virgin Islands, author Cayenne Graves fell in love and married an island sage named Woody. The young couple bought a seaside parcel of land and laid the foundation for an idyllic family life. Yet the island dream was ripped apart the day Woody suffered a cardiac arrest, dying at the age of 33. Cayenne descended into a grief so deep that she experienced an alternate reality, with no awareness of her physical self. Landing in a place of deep peace inside herself was her first step on the long journey back from the deepest grief to a life of joy. How to Put the Wag Back Into Your Tail follows Cayenne and her dog Houndy on a courageous journey of self-determination and self-examination. Told with island...



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