



Practical Bliss: The Busy Person's Guide to Happiness

Lisa Broesch-Weeks

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Bliss is closer than you think. Think bliss is a far away and unobtainable emotional state? Ready to slow down, tune in, and create more joy and meaning in your life? Studies show that happy people have more success in every area of their lives! This book will give you practical, science-based strategies to help you uncover what really matters to you, eliminate stressors that suck you dry, and make room in your life to add the joy, meaning, and bliss that you're longing for! In this step-by-step guide, you'll find:

- Easy-to-follow steps to uncover your purpose and reignite your passion
- Practical tips to identify and overcome the doubts, fears, and frustrations that stand in the way of your everyday bliss
- Step by step strategies to incorporate your new, blissful lifestyle into your hectic personal and professional life

"I went through the entire book and liked it very much . . . it was an easy read and very interactive—where the reader that takes actions presented will really change their lives!" -Bill Cortright, author of *The Five Links to Permanent Weight Loss* and *The NEW Stress Response Diet and Lifestyle Program*. Bill is also an international coach and professional speaker. If you're frustrated with the airy-fairy self-help guides that don't give you practical tips that work in your real world, this guide is the one that you've been searching for!

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