

ABOUT THE BOOK

RECLAIMING JOY: YOUR 4-STEP GUIDE TO HAPPY, HEALTHY & FREE

STOP Driving & START Thriving

- Are stress, exhaustion, and fear holding you back from living the life of your dreams?
- Are there aspects of your health, relationships, or career that no longer bring you joy?
- Do you feel stuck or confused about what to do or where to start?

Many of us spend our life so busy *doing* we neglect to notice how we are *being*. We end up losing sight of why we are here, what's important to our well-being, and ultimately what brings us joy. We are meant to thrive!!!

This practical 4-step guide will show you how it's possible.

RECLAIMING JOY



YOUR 4-STEP GUIDE TO
HAPPY, HEALTHY & FREE

STEPHANIE
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Stephanie Filardi, author, speaker, and mentor is inspired to live in a world where people laugh more, love more, and choose JOY as a way of life. The cofounder of Bronxville Wellness Sanctuary, a successful healing center in New York and the creative visionary behind Thriving You Thriving Life her online educational and private mentoring platform dedicated to the advancement of her mission to help more people to consciously create joy filled thriving lives. Stephanie's unique ability to combine business-building skills with her training in holistic health, yoga, and shamanic energy healing empowers others to thrive in the areas of health, relationship, and career. Clients describe her as "inspiring" and "motivating." When she's not helping people find and follow their joy, you can find her cooking and playing in the sun. Meet Stephanie and stay in the know about her upcoming programs and exclusive mentoring opportunities at www.thrivingyouthrivinglife.com.

5 REASONS WHY YOU NEED TO READ THIS BOOK:

1. Identify what supports your *well-being* & brings you *joy*.
2. Discover how health, relationships, career, and life purpose *nourish* & *energize* you.
3. Move beyond *fear* and *stress* to create a future you love.
4. Shift your *perspective* to attract what you desire.
5. Stop driving yourself so hard and *start thriving* = ENJOYING LIFE!

WHERE TO BUY

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Amazon.com

CONTACT

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