



Open Your Heart to the True You: A Useful Guide to Finding Happiness (Paperback)

By Renee Salvatori

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you wake each morning, reluctant to rise and face another unfulfilling day? Would you like to live with passion, enthusiasm and joy? Do you feel weighed down by emotional baggage and a lifetime of unhealthy habits? Would you like to face your vision in the mirror and feel a sense of acceptance and self-love? They say life is a journey, but do you know where you're going? All too often we look to external sources for guidance on how to live, who we should be, what priorities are most important and what decisions to make. We try to shape the clay of our lives into a form dictated by others. Striving to meet the demands and expectations of others is not only unrealistic, it is exhausting, demoralizing and unfair. After years of struggling to pinpoint the root of her discontent, unhappiness, and disappointment in herself and others, Renee Salvatori set out on a journey of self-discovery. Along the way she confronted fears, healed old hurts, let go of regrets and learned to treat herself with gentleness, compassion...



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