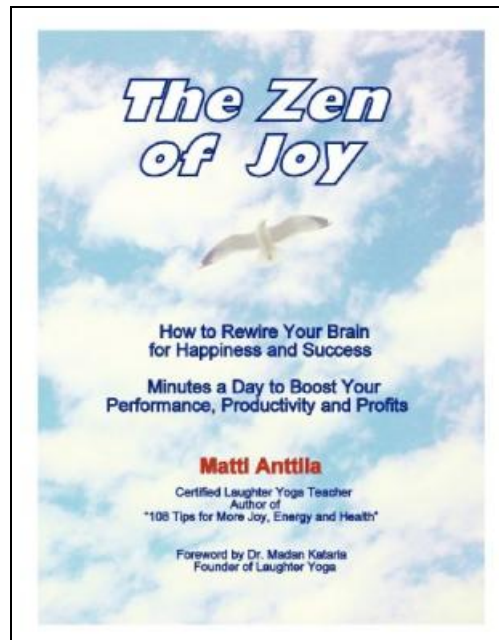


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Fastpencil Inc, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.About the Author This is where the author has a chance to highlight his accomplishments and, by virtue of his track record, mesmerize potential readers into buying the book and possibly even reading it. I ll do what I can in that regard. But, in the interest of full disclosure, I will also show you some of the warts. This is so you know that the Joy and Bliss I am talking about is available to anyone. We don t need any qualifications. Our lives can be an absolute mess and we can still be happy, joyous and yes, even blissful. My major accomplishment, I feel, is in reconnecting with my childlike self. You know what I mean: The Inner Six Year Old. This is the character inside us all who is full of life, exuberant, always coming up with new ways to play. This is the kid who laughs lots every day, often at his own mistakes and mis-steps. This is the creative source in all of us. This is the Wise Fool who seems crazy at times, but somehow has a great time and lands on his feet. My focus in writing this book is to help others find the abundant bubbling spring of joy, energy and health inside. I do this through leading Laughter Yoga clubs, talks, seminars and workshops. I am a laugher, a smiler, a breather and a hugger. (My posture still needs work.) I use the Zen of Joy protocols regularly. Practices include yoga, Laughter Yoga, Tai Chi, Qigong, meditation, Huna, Ho Oponopono, EFT and whatever else my intuition leads me to. Please don t be intimidated by that list. As you will discover inside this book, these...

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