



# Shift Your Mood: Unleash Your Life! Your Pathway to Inner Happiness

*Rik Isensee*

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## **Shift Your Mood: Unleash Your Life! Your Pathway to Inner Happiness** Rik Isensee

Shift Your Mood is the first book to combine mindfulness and body awareness with insights from neuroscience and positive psychology. It provides a unique and more sustainable approach to healing, growth, and spiritual realization. Shifting your mood will help you release emotional tension, and shift to the source of your own love and inner wisdom.

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