



21 Life Changing Rituals: Daily Practices to Bring Greater Inner Peace and Happiness

By Theresa Cheung

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Aristotle said 'you are what you repeatedly do'. Most of us have no idea that what we repeatedly do creates our lives, we think our future is shaped by big events, the decisions we make, the thoughts we have but, this book will show you that it is your daily actions that are the key. Over the last few decades neuroscientists and psychologists have discovered that there is more power in 'I do' than 'I think'. However, if an action is repeated enough times it becomes habit but habits lack thought, consideration and presence. To effect long-lasting meaningful change our actions need to be filled with a sense of personal meaning and power – they need to be ritualized. Creating personal ritual in our lives allows us to bring the presence of the sacred into the everyday. The rituals in this book have been designed as symbolic acts providing a framework for anyone to use to create positive change in their lives. The 7 morning rituals are designed to help you 'wake with determination', the 7 afternoon rituals focus on 'living on purpose', and the 7 evening rituals are about 'retiring with satisfaction'.

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21 Life Changing Rituals: Daily Practices to Bring Greater Inner Peace and Happiness By Theresa Cheung Bibliography

- Rank: #595869 in Books
- Brand: Cheung Theresa
- Published on: 2017-03-14
- Released on: 2017-03-14
- Original language: English
- Number of items: 1
- Dimensions: 7.30" h x .70" w x 4.90" l, .0 pounds
- Binding: Paperback
- 240 pages

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Editorial Review

About the Author

Theresa Cheung was born into a family of psychics and spiritualists. Since leaving King's College, Cambridge University with a masters in Theology and English she has written numerous bestselling mind body spirit books, including two *Sunday Times* Top-Ten bestsellers. Her books have been translated into over 25 languages and her *Element Encyclopedias of Dreams, Birthdays* and *The Psychic World* have become international bestsellers with their own Barnes and Noble editions. She has also written features on personal growth and spiritual development for magazines and national newspapers and has now sold well over half a million books. Theresa has a thriving author page on Facebook and her website is: <http://www.theresacheung.com>.

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Nicolas Dandrea:

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