



# Find Your Bliss: Break Free of Self-Imposed Boundaries and Embrace a New World of Possibilities

*J.P. Hansen*

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## **Find Your Bliss: Break Free of Self-Imposed Boundaries and Embrace a New World of Possibilities**

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We celebrate thinking outside the box, but why is there a box in the first place? That box hinders your natural ability to live the blissful life of your dreams. In *Find Your Bliss*, bestselling and award-winning author J.P. Hansen draws from his successful life-coaching business to provide insight that empowers you to recognize your limitations, then break free of them.

Many of us struggle to find meaning in life, yet resist the changes that might help us discover it. *Find Your Bliss* will help you identify barriers to happiness, then provide proven techniques to recognize and overcome resistance. In addition to real-life examples, it uses the author's Six Spokes of Bliss and Ten Steps to Break Free.

*Find Your Bliss* is not only inspiring; it offers practical advice on transforming your struggles in life into everyday bliss. Meaningful happiness is your birthright; this book will help you rediscover yours.

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