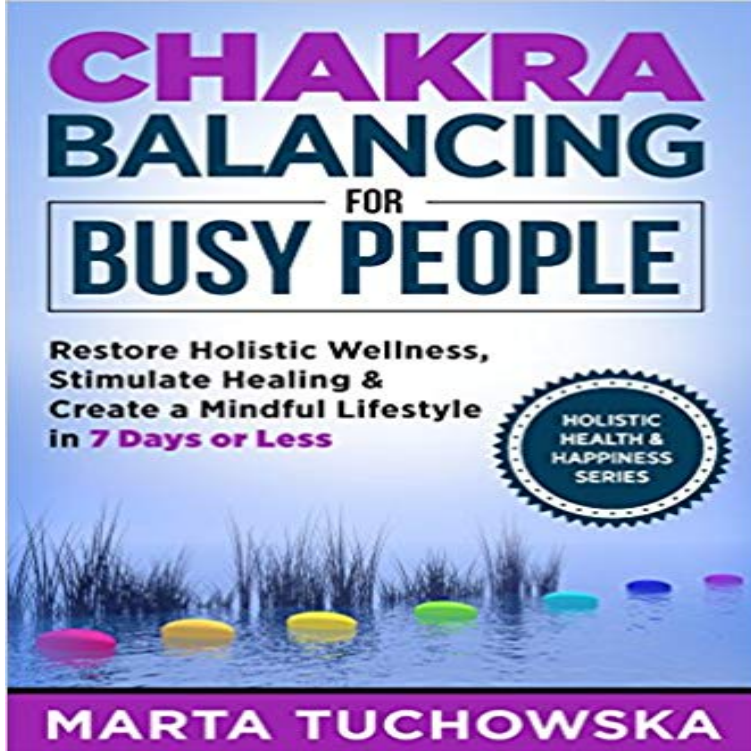


## Chakras: Chakra Balancing for Busy People: Restore Holistic Wellness, Stimulate Healing, and Create a Mindful Lifestyle in 7 Days or Less (Chakras, Mindfulness, Yoga, Crystals, Essential Oils)



Chakra Balancing for Busy People- The Best Cup of Coffee for Your Soul! Have you ever wondered why some people are always happy, balanced, and move forward with their goals and lives? Have you ever wondered why some people are able to create the life they want and live their dream? Finally, have you ever wondered why some people manage to remain focused, balanced, and composed, even when facing difficult situations and challenges in their lives? Its all about ENERGY! Do you want to achieve real, vibrant health and holistic wellness? If the answer is yes, I would like to welcome you to the Holistic Seekers Club. We are in the same boat. We are looking for wellness, happiness, and fulfillment. We want real health from the inside out. We know that its not only about eating healthy and exercising Even though healthy activities like balanced nutrition and fitness help us feel better and re-balance our inner energy as well as calm chaotic thoughts and emotions, this is only the tip of the iceberg. Are you ready to dig deep? -Are you sick and tired of feeling physically, mentally and emotionally exhausted? -Are you fed up of listening to the same excuses I dont have time every time you set some time aside for self-care? -Are you longing to create a spiritual practice that works for YOU? -Are you ready to give yourself the gift of inner peace and unlimited energy as well as creativity? Well my Dear Reader, this is exactly what I teach you in this book...I specialize in holistic coaching for modern, busy people (I am one of them). I provide you with simple and practical spiritual and self-care tools that WORK. The solution is right in front of you! Heres a Preview of What You Will Learn From Chakra Balancing for Busy People: -Introduction: Chakras, Inner Energy, and Holistic Wellness -Day 1 - The First Chakra - Get Your Power Back and Create Your Own Way -Day 2 - The Second

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