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Self-Help

The Inspired Life: Unleashing Your Mind's Capacity for Joy
Susyn Reeve
Viva Editions
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Occasionally a book comes along that is so full of wisdom and inspiration that we want to share it with others because it speaks so magnificently in support of the human spirit. Susyn Reeve and Joan Breiner have teamed up to create just such a delightful, concise, and uplifting volume.

As coaches, counselors, and writers, Reeve and Breiner share years of experience in what has helped them and their clients to overcome adversity and find joy in life. They are gifted in helping people turn breakdowns into breakthroughs and at helping those who feel lost find their north stars amidst a sea of confusion. Their book is written as a manual to help readers do likewise on their own terms and on their own time.

In an era when many are struggling to find their way through economic changes that the media magnify in a cacophony of manic and depressive headlines, Breiner and Reeve's work comes as a calming breath of fresh air. They have organized the book into thoughtful chapters that are easily read as meditations that focus the mind and help realign emotions, thoughts, and actions. Their enormously helpful words offer encouragement to those working through change independently, with a therapist, or in a support group.

Through a duet of voices that echo a refreshing call to rebalance our lives, Reeve and Breiner offer a message of hope that is both timely and timeless: "Now is the time, because now is the time you are alive. Now is the time you have this precious gift of life on Earth. Now is the time, as you declare and embody your inspired life vision. that you open the door to Heaven on Earth."

May we all go forth and do likewise.

Pamela Harris Kaiser