



Invitation to Happiness: 7 Inspirations from Your Inner Angel

Ryuho Okawa

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There are so many beautiful reasons to be happy! This book is your invitation to a more joyful, authentic life. The pages inside offer practical tools for creating new habits for a more carefree, grounded, spiritual life. Through 7 inspirations, you'll be guided to the angel within you — the force that supports you to be courageous, inspired, and true to yourselfved. You'll find all the tools you need to live more confidently, peacefully and authentically:

- Easy-to-use practices for introspection
- Brief, guided visualizations
- Journal space for recording inspirations from your angel
- Tips for contemplation
- Simple step-by-step action plans



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