



# **WHAT'S IN THE WAY OF YOUR HAPPINESS?: How to break free from annoying relationships, jobs and unexpected life circumstances**

*Marilu Holmes*

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"What's In the Way of Your Happiness" is not a prescription for happiness. There is no formula for that. It's instead the result of a continuous self reflecting process that made Marilu Holmes realize that happiness is our default, and that the only reason we don't experience this natural state, is because of the beliefs that we have adopted as truthful in the past and that are stopping us from satisfying our unique desires. Her intention is to inspire her readers to lead an authentic life by courageously acting on their desires while facing any resistance they may have and transmuting it into unconditional acceptance. After many years of listening to master coaches and spiritual gurus, and reading self-help books containing the best-intended recipes to empower her and raise her vibration so she could manifest abundance and joy, Marilu found that the only way to reach her full potential was simply by living her life honestly-according to her own guidelines, not those of someone else. For more information about the author, visit [www.MariluHolmes.com](http://www.MariluHolmes.com)

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