



# The Art of Bliss: Finding Your Center, Getting in the Flow, and Creating the Life You Desire

*Tess Whitehurst*

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## Live the Life of Your Dreams!

Bring harmony and balance to every area of your life with this gentle and loving guide to beautiful living. Use the energy of bliss to transform yourself, healing your spirit and aligning with your most ideal flow.

In her lighthearted, easy-to-read style, Tess Whitehurst introduces you to the nine life keys: serenity, life path, synchronicity, creativity, romance, radiance, prosperity, resilience, and synergy. Through simple, soul-nourishing metaphysical techniques, you'll learn how to manifest your true desires and reconnect with your natural state of bliss. This remarkable book's holistic blend of Eastern wisdom and alchemical essences fuels your personal evolution with affirming rituals, symbols, deities, herbs, and many more energetically potent tools. *The Art of Bliss* is more than a guide—it's a way of life, serving as the trusty compass on your lifelong spiritual path.

## Praise:

"Joseph Campbell said to 'follow your bliss,' but who knows how to find it? Tess Whitehurst will show you how."—Penney Peirce, author of *Frequency* and *The Intuitive Way*

"*The Art of Bliss* is an outstanding work that is destined to become a classic."—Melissa Alvarez, author of *365 Ways to Raise Your Frequency*

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#### **Freddie Valdez:**

People live in this new day time of lifestyle always make an effort to and must have the extra time or they will get large amount of stress from both lifestyle and work. So, when we ask do people have extra time, we will say absolutely sure. People is human not only a robot. Then we ask again, what kind of activity have you got when the spare time coming to you actually of course your answer will probably unlimited right. Then ever try this one, reading publications. It can be your alternative throughout spending your spare time, the particular book you have read is usually The Art of Bliss: Finding Your Center, Getting in the Flow, and Creating the Life You Desire.

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