



Life - Stumbling Block or Stepping Stone? (Paperback)

By Brenda Hattingh Ph D

Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The quality of your life is a choice. Everything in your life you have chosen on a conscious or unconscious level. There are no victims. We are daily confronted with numerous choices and in essence there is only one of two points of departure. Life is a pain with many stumbling blocks to overcome - or - life is a challenge and a pleasure with many opportunities and stepping stones to higher levels of attainment. The quality of your life depends on where you are coming from. In this book you will find five stumbling blocks that cause pain in your life. You can overcome this by identifying underlying causes and changing your perceptions, values and thinking. Part two provides five steps to a life of fulfilment, love, happiness and freedom. This book is meant for everyone, of all ages. You are never too young, or too old, to choose a quality life. You are invited to join this journey of discovery.

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