



Who We Are When We Thrive: Remembering Happiness & Rediscovering Health

Lori L Hollohan MA

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We all have the capacity to remember who we are as happiness itself; a happiness that has no conditions for arising. Rediscovering the mind-body connection allows us to release old mental and emotional patterns that compromise our current physical health and overall well-being. This book helps us to rewire our conditioned minds and bodies, so that we can throw away old concepts and patterns, free up our energy on all levels and begin to thrive once more.

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