



Blisscipline Programme

**YOUR FIVE STEPS
TO
HAPPINESS**

Bliss, fulfilment, abundance, purpose, love, health

Achieving your goals and living your dream life

Marie Gould

Mind Over Matter Blisscipline Programme

Whitney Breer



Mind Over Matter Blissdiscipline Programme:

Mind Over Matter - Blissdiscipline Programme MARIE R. GOULD, 2015-12-11 This is a simple yet powerful self help programme with a variety of personal experience theory and practical activities When incorporated into daily life it will assist individuals as well as corporate clients to lead a happy fulfilled and ultimately blissful life It looks at how our minds affect our outcomes in life and gives strategies to work this to our full advantage The author has personal experience of debilitating stress related anxiety These are her own self taught strategies to help live a more normal life Some very simple techniques to learn to overcome challenges issues and obstacles and lead a far happier and more positive life A programme where you can pick up time and time and time again It s about learning to love yourself be grateful live in the moment and visualise the life you want and so deserve to live **Mind over matter** Whitney Breer, 2022

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