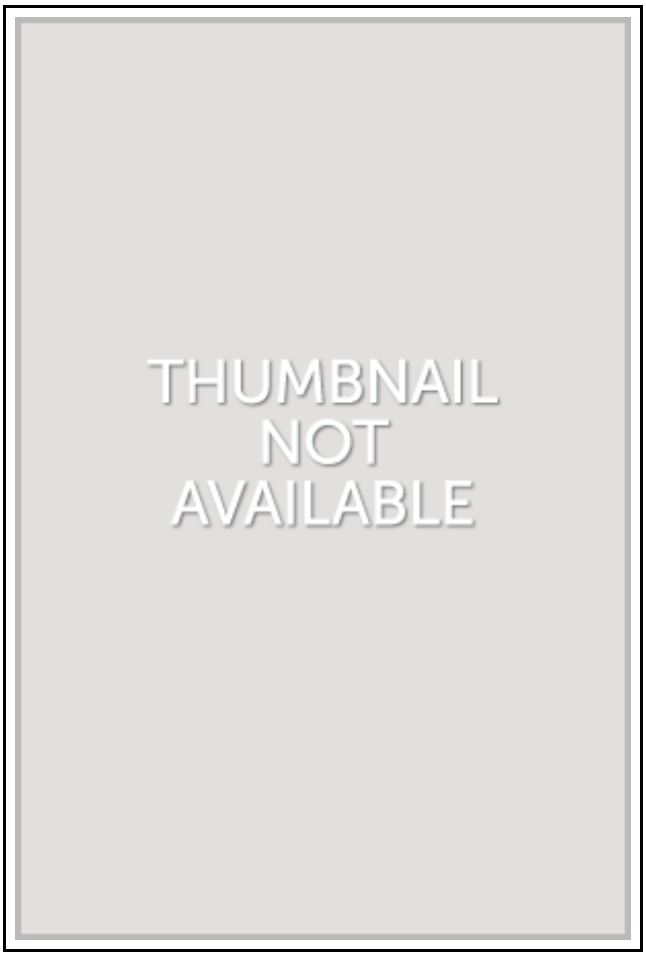
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Createspace Independent Publishing Platform, United States, 2011. Paperback. Book Condition: New. 214 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. The journey starts with leaving your comfort zone and looking inside your self for the answers. Pack your emotional bags and leave them behind because you will not need them where you are going. BOOYAH! SPIRIT BOOYAH! SPIRIT merges scientific research, humor, wonderful pictures, quotes, how-tos, and personal life lessons to help you live the life of your dreams. This engaging book is like a great big piece of dark chocolate. plan on consuming a little every day because it is so rich with wisdom and great taste! Jen Slayden, Writer, Composer, and Life Coach The expression Booyah is one that many people would yell after one performs a difficult feat. But I also discovered that Booyah is a food that is prepared like a stew, but on a very large scale. It takes many cooks to prepare the food, and it is usually meant to serve hundreds or even thousands of people. Not unlike Booyah Stew, Sheila s book is filled with ideas to nourish the souls of hundreds or even thousands of people. BOOYAH! SPIRIT combines ancient ideas with new ones. There are 52 chapters that represent the weeks of the year. This book is very relevant to the times we are living in. Many people are living through adversity and looking for an opportunity to reach deep inside themselves to discover a new way of thinking and living. You will carry away a lot from this book. Become part of the Booyah Stew. Betsy McKee Henry, author How To Be A Zen-Mama and The Zen Mama s Book of Quotes.

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