



## Always Balanced and Connected: Daily Affirmations for Body, Mind and Spirit

By Lcsw Maggie Davis-Jelly

Balboa Press, United States, 2015. Paperback. Book Condition: New. Reprint. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Peace in your heart begins with a smile! The ABCs of Always Balanced and Connected: Accept who you are in the moment. Be comfortable in your own skin and know that you are amazing. Consistency is the most important factor in maintaining good physical, mental, and spiritual health. Bravo! - Nina Bravman, Ed.S., Center for Human Potential, Denville, New Jersey Maggie guides us through the path to our authentic selves with ease and flow of wonderful, gentle passages. She takes us on the self-evolution journey in a brilliant, safe way. A perfect accompaniment to anyone who dares to seek more in life. - Dory Rachel, RMT Insightful, inspiring, and succinct. - Diane Carroll, LCSW Show up and be inspired! - Peggy Fitzpatrick, PCS No act of kindness, no matter how small, is ever wasted. -Aesop.

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