

# Download Is Home Your Happy Place

Your goal should be to spend 15-20 minutes in your happy place each day. You may want to set an alarm to signal when the time has elapsed. Sometimes you can enjoy your happy place so much that you get lost in the visualization and may lose track of time. This is especially important in the beginning, just in case you fall asleep. You know the place I'm talking about, we all have it, that one special place, that place where you feel at peace and at home, a place that talks to your whole being, where you can block out the noise, sit back, switch off and reflect. About 45 minutes from Port Elizabeth there is a place called Gamtoos, and it is my happy place. Where Is Your Happy Place? Health , Lifestyle , Personal Responsibility | 35 Sometimes life and other people can get to you causing you to feel stressed, anxious and generally unhappy. Editions for Is Home Your Happy Place?: The Unruly Woman's Approach to Space Healing: (Kindle Edition published in 2015), 1944412026 (Paperback published..., Is Home Your Happy Place.

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