



Bliss: Writing to Find Your True Self

Katherine Ramsland

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With a practical yet nurturing tone, author Katherine Ramsland guides readers through writing exercises that will help them find their "bliss." They will realize the most fitting and authentic direction in their lives, along with a new sense of clarity and confidence. By developing a sense of their bliss, they'll be able to make more informed choices regarding career, life focuses and relationships. They'll also learn to: recognize psychological obstacles impeding confidence; evaluate their values; create a personal skills inventory; develop their intuition; visualize and explore goals; develop mental flexibility; explore levels of awareness; achieve bliss

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