



# 21 Days to Master Lightning Up Your Life

*Loretta Laroche*

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## **21 Days to Master Lightening Up Your Life** Loretta Laroche

Studies have shown it takes only 21 days for a new habit to take root. If there's a spiritual skill you've always wanted to take advantage of, the answer is only 21 days away with the 21 Days to Mastery Series.

From time to time, we all need reminding how to take life less seriously and simply enjoy ourselves. This short, easy-to-read guide will put you back in touch with your sense of humour and the joy of life. In quick, pick-me-up chapters, stress-management consultant Loretta LaRoche takes you on a hysterical journey from stressed to blessed - reminding you what it's like to be alive, connected with others, and savouring the present moment. Using amusing anecdotes from her own life, as well as the latest research in the fields of psychology and mind-body health, Loretta unveils simple techniques for living a life filled with laughter, compassion and delight. With this innovative title, you'll find an insightful word is always close to hand whenever you need a reminder on how to enjoy pleasure wherever you find it.

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