



## Wake Up and Soar: How to Master Your Own Wellbeing

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By Chris Nelson

Watkins Media. Paperback. Book Condition: new. BRAND NEW, Wake Up and Soar: How to Master Your Own Wellbeing, Chris Nelson, Our fundamental relationship is the one that we have with ourselves, master this and we master all else. We live in a world where stress and chronic disease are spiralling out of control. Our greatest need today is to learn how to relax and this begins with the mind. Wake Up and SOAR presents a clear and simple road map which empowers you to create a relaxed supportive lifestyle providing a stable base from which to pursue your heartfelt desires. The core tool S.O.A.R has its roots in ancient wisdom and is expressed as a modern day 'practice' to help us move from our 'normal' fear based state of mind to our 'natural' calm quality of mind, where we accept life as it is and therefore flow with her, rather than against her. First up is Step 1: Wake Up and SOAR, where Chris introduces the idea of 'quality of mind'. He then goes on to explain SOAR, the tool that allows you to return to your 'natural' quality of mind: S - Slow down O - Observe inwardly and...



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