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FOREWORD BY #1 NEW YORK TIMES BESTSELLING AUTHOR GABRIELLE BERNSTEIN

A *Tribe*
CALLED
BLISS

Break Through Superficial
Friendships, *Create* Real
Connections, *Reach* Your
Highest Potential

LORI HARDER

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A Tribe Called Bliss: Break Through Superficial Friendships, Create Real Connections, Reach Your Highest Potential



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Why then, in such a connected time in history, do so a lot of women feel disconnected, confined, misunderstood, defeated, or believe achievement is a solo project? In *A Tribe Called Bliss* Lori Harder bridges the gap between inspiration and actions, providing a lasting reference for positive modification and a guidebook for establishing a support tribe. The advantages of a having a tribe are undeniable. Women who've strong social circles you live longer, happier, healthier lives compared to those who lack connections and so are mentally and physically exhausting themselves trying to quench external desires in isolation. Today, we live in an uber-connected period, where anyone can make thousands of friends and participate in their lives with the swipe of a finger. Lori Harder is a self-love expert with more than 6 million listeners on her *Earn Your Happy* podcast. In *A Tribe Known as Bliss* she shares the precise structure she utilized to build her personal tribe and grow from the anxiety-ridden, harmful, introverted underachiever she was to the assured woman who takes risks and leaps out of her safe place, with a foreword from #1 NY Times bestselling author Gabrielle Bernstein. This practical publication is for the growing audience of woman seeking the sisterhood and connection they crave therefore much. It encourages visitors to examine lifestyle on a micro level, and Lori provides lessons and contextual self-work exercises on how best to develop the type of awareness of the present moment this is the essential to an eternity of blissful happiness.



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