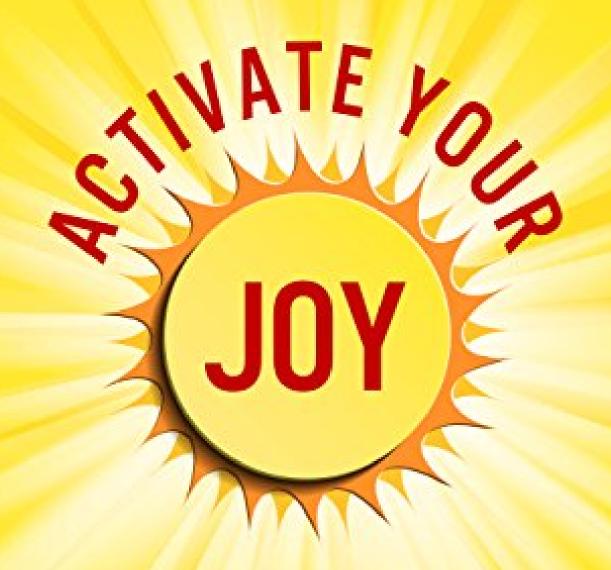
ERIK OHLSEN



A TRANSFORMATIVE AWAKENING TO HEALTH, HAPPINESS AND SUCCESS, INCLUDING 12 MISSIONS TO DESIGN A LIFE YOU LOVE

Erik Ohlsen

Activate Your Joy: A Transformative Awakening to Health, Happiness, and Success. Including 12 Missions to Design a Life You Love



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The 12 missions provide a step-by-step process for designing a vision for your life, changing your mindset, activating your passions and gifts, working through the grief of loss, learning the energy of forgiveness, prioritizing your happiness, healing the body, and so much more. It is time to style and live a existence you love with confidence and empowerment. Give yourself that opportunity by awakening the power of your true self. Take the step, right now. Want to understand to unconditionally love your daily life and experience happiness and success? Activate Your Joy is an awakening procedure to your unique gifts. Make Pleasure the mission of your life and boldly develop your dream actuality. This book is a call to action and an important message of hope towards healing ourselves, our communities, and our planet. . look at of life. It is a realistic With raw vulnerability and filled with deeply personal stories, author Erik Ohlsen navigates us through his journey of chronic illness, tragic loss, activism, and his efforts to build a life he loves through daily practices, the creation of purpose-driven businesses, and a commitment to self-love. The various tools and practices you need are in your finger suggestions. The missions are clear, and the methods are practical is not just a self-help publication but also a tangible guide a reader can use to implement a number of lifestyle changing strategies. You are worthy of a joyful life. Activate Your Pleasure It is time to step into your true power. Right now, using your inherent awareness, you may transform your whole frame of mind, your health--and actually the world about you. It really is a path to recovery yourself, creating peace in your human relationships, and regenerating the world around you. and activate your .This book is not about trying to be happy all of the time. Open the book .existence!



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This book can help many people find their joy." Indeed, the main element lies within. As he says, "Changing your frame opens up incredible potential for a happy life. "Activate Your Pleasure" is a very personal and genuine story of one man's (the author's) trip from a resentful sense of victimhood to escaping out of that darkness and into experiencing a liberated and fulfilling life of healing and joy, teaching useful lessons for all of us all. Each chapter is certainly a gem. I recommend this book. Using his own mind body connection lesson, Erik Olsen shares a transformativ trip to inner joy. And Erik preaches possibly the most important lesson of most for change agents – that creating a regenerative civilization, essential as it is, starts with finding the things that regenerate one's body, mind, heart, and soul. Erik blends a lot of right down to Earth, practical fine detail with an expansive eyesight of what's possible for your life. Regeneration Starts with the Self It is usually empowering to read in regards to a fellow traveler's transformative healing journey, which book is an excellent model of such a process. Well, this reserve is Filled with truths like that. It isn't a do-as-I-do publication, or a do-as-you-are-told publication, it's an "I'll lay it out for you personally and illustrate it as clearly as I can and let you decide for yourself" book!This is an incredible compendium of vision, clarity, and mindset, with very personal insights and anecdotes, and pithy quotes that mesh brilliantly. The writer helps you come to epiphanies and shows you what you can do to workout them into your life using 12 "missions" in a game-style set of activities. Life changing Incredible read worth every penny Erik Is amazing! The world is more judgemental, fractured, and broken than ever before. More than ever, we need to understand how to reset our "body", our mindset, to live a life of wellness, peace, and joy. Reset your brain, learn the meaning of JOY, and conquer your greatest challenge...YOU. Activate Your Joy could be described with many words: inspirational, joyful, light, dark, meaningful, transformation, reinvention, not to mention, LIFE. I must say i think this book has a lot to offer readers with regards to, it's not just a book on "becoming content" but actually hits some hard lessons discovered from the experiences lived by the author. The book has a lot of great chapters and covers themes that include:— Actions of generosity— Practicing gratitude— Awakening your superpower— Facing grief— Communicating truth— The type of happinessThe author shares his lessons in personal transformation as he moves through periods of his lifestyle that were both painful and liberating. The book has a ceratin level of full openness and vulnerability that really connects the author's tone of voice with that of the reader. The chapters are short enough that each one can be read in a minute but they are interetsing in how they are laud out in 'levels' and game-like activities for readers to engae with the messages learned. If you need a reserve to reset your frame of mind, cultivate a fresh mindset, and find out about the real meaning of joy, peace and reinvention, i quickly would recommend 'Activate Your Joy' for anybody seeking real-life changes and overcoming problems. An ah-ha second. The author did not restrain and really exposed his heart in this publication. Who one can become is indeed theoretically unlimited, and this book makes clear that one can become anything and anyone with intentional focused awareness. From his poor health to a lack of a loved 1. This is a very vulnerable book, the non-public tales from which we can all relate with and use to find strength to be who you want to be. Occasionally something you browse resonates. Bravo! Yes, you, the one who is scanning this now. What an inspiring tale! By acknowledging his deep-seeded patterns and liberating himself from them, Erik illustrates how you'll be able to peel apart the layers of conditioning to get the core personal. He goes through his life journey and the challenges he faced and overcame on the way. It takes courage to fantasy what one's life can be and to take its design seriously by establishing priorities and dedicating time and energy to live them. A necessary publication for anyone ready to apply the suggestions. You will learn to create

a life that's authentic to who you are (nothing more and nothing less). Thus many lessons that I could apply instantly in my own life. I highly recommend! Inspiring and thought-provoking. Great book with apparent how-to's to Activate Your Joy! The missions will be the bones and the tales are the flesh of the reserve. Reset your Frame - and ACTIVATE YOUR JOY! awakening to our tales and limiting beliefs helps re-navigate our lives with awareness Victimhood, heart-centred leadership, grief, forgiveness, connection, grstitude - most of these important issues are dealt with in the book in order to clarify the path to lasting joy. But the concept of making the connection to our body's capability to know something is off before our heads do, and using that to steer is, is a concept I absolutely love. This book will help many people! This book could not have come into my life at an improved time. The last quarter of the book is usually in a workbook form - an excellent resource! Amazing Insights Erik Ohlson has accomplished a whole lot so far. He's raising a family group, started a Permaculture school and a Permaculture business, has written this reserve and much more. What is amazing is certainly that Erik slowed up in his life plenty of to talk about his insights for living a transformational, healing and active life filled with Joy. This does not come easy. I enjoy Mr. Ohlson's journey transforming at every stage along the way. His publication isn't only his personal trip but also a how exactly to book in developing a lif worthy of living. I am applying some of the concepts and exercises in my life. His insights are immense and many thanks for sharing, for this makes a Existence full of Joy and activation more available to anyone. Please browse and tell others. I am simply totally astonished at the quantity of reflection in this book and enough time it took to avoid and when Mr. Ohlson already has a very complete plate. I would recommend it if you are attempting to selfactualize and discover methods to activate your truest self.. Two Stars As well artsy-fartsy for me. This book hasn't been needed more than right now. Ok read I liked the idea, but don't have time to accomplish the missions through the entire book as I read. Some day I will have to go back to it. Fantastic. There are two outstanding reasons for having this book: Erik's storytelling, and his detailed plans to help you in fact making changing your life a reality. A great publication. It really is alive and joyful. I mean it really rings accurate. Michael Kramer, Co-Writer, The Resilient Investor: AN IDEA for Your Life, NOT ONLY Your MoneyManaging Partner, Organic Investments One phrase - Inspiring! Fantastic. The book really can help you question on what it trully means to be happy and fulfilled. Very helpful. My Pleasure is Activated! Although it is a quick and easy read, I would recommend reading it slowly, and applying and solidifying fresh patterns and outlooks one at a time. I'm in a period of regrowth as I work to rebuild my life as a single mom of two small children. Inspiring and thought-provoking Very relatable writing a good storytelling. I am so thankful because of this book and the companion information which walks you through a process of getting clear on what lights you up in life and how to get there. Highly recommend! Five Stars You are what you think. Erik's natural honesty in his struggles in life are totally relatable and he offers practical, easy-to-implement methods to activating pleasure in all areas of your daily life. Glad to really have the exercises to place the idea into practice. It's wonderful because you can examine a small bit at the same time and it still leaves a large impact. Thanks Eric. Great Job..



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