



# Balancing Your Circle of Life: Creating Your Lifestyle, Relationships, and Happiness with Intention

*Mitzi Gold*

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## **Balancing Your Circle of Life: Creating Your Lifestyle, Relationships, and Happiness with Intention**

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Your Circle of Life is your individual road map to inner peace, personal satisfaction, and authentic happiness.

This book shows you how to:

Balance your Life

Enrich your Relationships

Fulfill your Deepest Goals and Dreams

Use Small Steps to Bring About Big Changes

Discover Your Own Purpose and Destiny

The Circle of Life Process is engaging and fun to do. You'll see what you need more of, and just as importantly, what you need less of in your life, to create balance and fulfillment. The real-life examples and helpful illustrations give you a guide to chart your personal path to happiness, so that you can immediately start to create the many changes you desire in your life.

Mitzi Gold has over 30 years of experience integrating psychotherapy and holistic approaches to health, stress management, and relationships. She is the Director of the Mars & Venus Counseling Center in Honolulu, Hawaii. She has created a powerful process called The Circle of Life which has helped thousands of clients to resolve lifelong issues, let go of patterns that block success and make the changes they desire to find joy in their lives and relationships.

### Editorial Reviews

"Every journey starts with a step. Be sure you are shipping in the right direction. Dr. Mitzi Gold will help you take your next step to transform your life." - John Gray, Ph.D., author of *Men are from Mars Women are from Venus*

"Dr. Mitzi Gold has written one of the best self-help books I have read in years. It puts happiness into the reader's hands, attitudes, and intentions. It reminds me of the Greek philosopher Epictetus who remarked, 'It is not what happens to us that is important, it is how we react to the event that is important.' He knew about the role of intention centuries ago, and his advice is spelled out in this life-changing book. Dr. Gold's Circle of Life process gives readers told they need to transform their lives and feel grateful for the journey." - Stanley Krippner, Ph.D. co-author *Personal Mythology*

"Williams James, the father of American psychology, said, 'The transition from tenseness, self-responsibility, and worry, to equanimity, receptivity, and peace, is the most wonderful of all those shiftings of inner equilibrium... and the chief wonder of it is that it so often comes about, not by doing, but by simply relaxing and throwing the burden down.'" In *Balancing Your Circle of Life*, Dr. Mitzi Gold shows us how to unburden ourselves of negative habits and beliefs that limit our life's possibilities. If you are ready for greater joy, creativity, and fulfillment, this book is for you." -Larry Dossey, M.D. Author of *Healing Words*,

Reinventing Medicine, The One Mind and One Mind: How Our Individual Mind is Part of a Greater Consciousness and Why it Matters

"Dr. Gold's book is a blessing for anyone who wants to have a healthier, happier, longer, more fulfilled life."  
- Patricia Bragg, N.D., Ph.D.

"A good self-help book has to stretch your envelope of possibility, lead you into asking new questions and exploring new areas, and help you organize what you do to achieve a clear goal. This book meets all these criteria and more. Dr. Gold has synthesized many years of work into a clear, inspiring and energizing package. She puts complex thoughts and insights into simple pathways for a book that can be more used than simply read." -Dennis Jaffe, Ph.D. author of Healing from Within

"Our resilient and creative powers can open doors and bring new life options, if we are willing to look honestly and risky change. This engaging book offers both tools and stories so it can happen for us." -Dr. Ruth Richards, Saybrook University, and Author/Editor, Everyday Creativity and New Views of Human Nature. (American Psychological Association, 2007)

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### **From reader reviews:**

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Why don't make it to be your habit? Right now, try to ready your time to do the important take action, like looking for your favorite publication and reading a guide. Beside you can solve your problem; you can add your knowledge by the e-book entitled Balancing Your Circle of Life: Creating Your Lifestyle, Relationships, and Happiness with Intention. Try to stumble through book Balancing Your Circle of Life: Creating Your Lifestyle, Relationships, and Happiness with Intention as your friend. It means that it can to become your friend when you really feel alone and beside those of course make you smarter than before. Yeah, it is very fortunate for you. The book makes you considerably more confidence because you can know everything by the book. So , let's make new experience and also knowledge with this book.

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What do you about book? It is not important with you? Or just adding material when you require something to explain what yours problem? How about your extra time? Or are you busy particular person? If you don't have spare time to complete others business, it is give you a sense of feeling bored faster. And you have spare time? What did you do? All people has many questions above. They need to answer that question simply because just their can do which. It said that about guide. Book is familiar on every person. Yes, it is correct. Because start from on kindergarten until university need this particular Balancing Your Circle of Life: Creating Your Lifestyle, Relationships, and Happiness with Intention to read.

#### **William Powell:**

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#### **Teresa White:**

People live in this new day of lifestyle always try and and must have the free time or they will get lot of stress from both everyday life and work. So , if we ask do people have spare time, we will say absolutely indeed. People is human not just a robot. Then we consult again, what kind of activity have you got when the spare time coming to you of course your answer can unlimited right. Then do you try this one, reading books. It can be your alternative in spending your spare time, the actual book you have read will be Balancing Your Circle of Life: Creating Your Lifestyle, Relationships, and Happiness with Intention.

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