



Be Yourself: How to relax and take control of your life

Lynda Field

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Be Yourself is an inspiration for all of us who are so busy trying to get our lives 'sorted' that we have forgotten our true purpose. The demands of the material world can keep us rushing about, doing this and doing that, until we find ourselves on a hamster's wheel of life; going round and round in circles and being unable to get off. Excessive activity can make our daily reality feel like a relentless routine. To lead a meaningful and happy life we need to develop our inner strengths and qualities and we do this by balancing our 'doing' and our 'being'. Life is here to be lived and loved, so step off that wheel and look around you: you are so much more than you think you are. This book takes you on a journey to your best self. You can make things happen in the world without losing your deep inner connection. You can be a success and still let go of tension and relax and enjoy the trip. Learn how to be yourself: how to be active but still aware and conscious of the beauty of each present moment.

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