



## Secrets of Spiritual Happiness

By Sharon Janis

Night Lotus Productions. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 8.8in. x 6.0in. x 0.7in. In *Secrets of Spiritual Happiness*, Sharon Janis demystifies the secrets of spiritual happiness in an entertaining, accessible and down to earth style. She describes the barriers to happiness and offers practical tips to help readers respond to life situations in ways that will bring greater harmony and happiness. Readers will learn how to feel complete even while grieving the loss of something or someone of great value. Spiritual happiness transforms your fear into faith, and your anger into compassion and blessings. Sharon Janis combines spiritual teachings of many traditions with examples from current world events, along with humorous and touching stories from her own colorful journey to explain the keys to happiness and to offer simple tips to help readers respond positively to life situations. Janiss sound advice makes *Secrets of Spiritual Happiness* a refreshing, realistic tool for achieving joy and fulfillment in everyday life. Sharon Janis is an award-winning filmmaker, speaker, singer, photographer, graphic artist, and author of *Spirituality For Dummies* and other books. Sharon Janis brings together the depths of her decade of monastic life with the entertainment value of years as a...

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