

Download Yen Path Taking Steps Towards What You Want In Life

In Yen Path: Taking Steps Towards What You Want in Life, Jenny approaches her life changing concepts as she would approach a yoga class. By combining the best past, present, and future motivational concepts, Jenny will help you learn to: • Create a deeper understanding of what you want • Manage stress • Have a life/work balance World renowned life coach and yoga instructor Jenny Gallagher has developed a revolutionary new approach to getting motivated and achieving dreams. In Yen Path: Taking Steps Towards What You Want in Life, Jenny approaches her life changing concepts as she would approach a yoga class. In Yen Path: Taking Steps Towards What You Want in Life, Jenny approaches her life changing concepts as she would approach a yoga class. By combining the best past, present, and future motivational concepts, Jenny will help you learn to create a deeper understanding of what you want, manage stress, have a life/work balance, and relax and find joy. Find helpful customer reviews and review ratings for Yen Path: Taking Steps Towards What You Want in Life at Amazon.com. Read honest and unbiased product reviews from our users.