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A Vibrant, Satisfying New Path to Finding Joy in Life, In Spite of the Woes of the World

San Francisco, CA (April 22, 2012) -- While the mainstream media babbles on with gloom and doom, many people are seeking ways to find joy amid the pessimism. The new book, *Activate Joy: Live Your Life Beyond Limitations*, offers a powerful series of practical methods designed to make the journey to joy easy and fulfilling.

An ordained minister, a Doctor of Divinity and a trained clairvoyant in a variety of healing and energetic modalities, the author, AlixSandra Parness, uses her brilliant 30-year background and experience to create new strategies for joy in our lives, including:

- *The art of blessing – intentional blessings to replace criticism and condemnation*
- *Living the laws of attraction and resonance*
- *Finding perfect alignment – actions for instant joy retrieval*
- *Discarding emotional debt, discovering creative expression*
- *The goodness process – uncovering and transforming core shadow issues*
- *Recovering from grief and loss, returning to joy*

With fresh and original ideas, exercises and techniques, Parness leads readers through *Activate Joy* with practical guidelines to a life of worthiness, redemption and soul-to-soul communication. She teaches how to transition from despair to joy in the most challenging situations, to access peace in the midst of conflict, and to make choices that result in true joy and fulfillment.

Among the most revealing and emotional passages in the book are the author's telling of her dramatic, real-life experiences, and how she was called to her personal mission.

About the Author: AlixSandra Parness, DD is a dedicated master teacher and clairvoyant healer, and the founder of the Inner Focus Church and the Inner Focus School for Soul Directed Advanced Energy Healing, an international vehicle for attaining enlightenment and world peace.

A teacher of teachers, she has trained thousands of students in her workshops and healing school. Many of her students now have their own expanding networks, touching thousands more. A dynamic presence, she teaches through seminars, teleconferences, and classes, and is a popular keynote speaker across the United States and Canada.

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Title: *Activate Joy: Live Your Life Beyond Limitations*

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