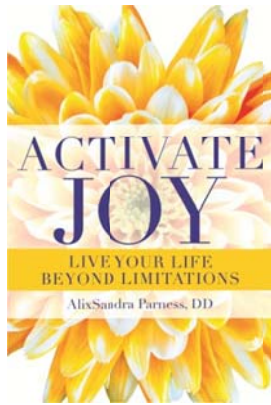


# ACTIVATE JOY

By AlixSandra Parness

## BOOK SUMMARY



Do you know you that are an eternal being? Do you know that right now you have the capacity to experience exquisite levels of joy? Self-help books have been wonderful tools that do their best to help us achieve joy. But now, we are looking for something beyond self-help. Something where what is shared on the pages changes you forever — for the better — so much so that your life becomes unlimited and juicy. *Activate Joy* is that book that takes us beyond self-help.

In her book, Dr. AlixSandra Parness takes us on a journey back to the simple and exquisite pleasures that come from joy. Gently written, *Activate Joy* assists us in intentionally resetting our hearts to align with our dreams in all aspects of life. With ease and flow, you will become a deliberate creator in this extraordinary world.

This book took a lifetime to write as AlixSandra integrates ALL that she has learned during her many years as a practicing minister, healer and teacher. She can help you see beyond the haze that results from energetic debt and into practical insights for deliberately building your new, prosperous and joyous reality. AlixSandra leads you with her fresh and original ideas; this wisdom resets your heart-focus and carries you up the ascending spiral of joy!

In *Activate Joy*, AlixSandra delivers in her bright and cheery style, a powerful and fun series of practical methods designed to make our journey to joy EASY. Even though many people struggle with finding joy and get stuck, especially when the world seems gloomy, hope points the way to joy. AlixSandra guides us in seeing those old hurts and traumas in a new light that helps in realizing our own true worthiness. This book is deliberately focused on fearlessly moving into levels beyond our present understanding to find and help us *Activate Joy* in every area of our life. AlixSandra writes about how joy can emerge from uncomfortable feelings. She leads you to focus on something which elicits feelings of passion, bringing forth creative momentum. She also explains what happens when group energy combines with JOY! From the

Universal Laws of Attraction and Resonance, to taming our “Yabbits” (the pesky voices in our minds), into the arts/processes of basking, blessings, and goodness, you will receive a series of practical applications that assist in deliberately activating joy into your life.

You have the capacity to experience exquisite levels of joy. Don’t wait a single moment longer to read Activate Joy.