



## 7 Foundations of Health and Happiness: Building a Bridge to Balance

*Chanel Helgason*

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What would your ideal life look like, if you could live it today, right now? Would you have more confidence at work? Deeper relationships with friends and loved ones? More energy? What if you could experience a renewed sense of who you are, what you want, and how to create the life that will truly fulfill you? People whose lives are out of balance feel like they're stuck in somebody else's hamster wheel, running themselves ragged, losing precious connections with loved ones, or caught in endless loops. If this sounds familiar, Dr. Chanel Helgason's 7 Foundations of Health and Happiness program will guide you in creating your own balanced life. Based on the best of ancient wisdom traditions and modern scientific research, this program is life balance for the "real world"—not some unattainable self-improvement program designed for a "perfect world". If you want to create a science-based, practical plan for greater health and happiness, this book is here to help you achieve that goal. A balanced life begins with self-knowledge—taking the time to understand yourself and what is most important to you. This book poses essential questions to help you assess your current level of balance using the ground-breaking Pillar System. It then walks you step-by-step through the stages of self-assessment, self-acceptance, and self-change to build your ideal life.

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