

On the surface Olivias a modern day, dirty martini drinking woman with a high power career and no plausible reason to get Botox yet. If shes honest though, she realizes shes perilously close to having a breakdown of epic proportions. Beneath the coiffed layers shes a workaholic, single again, spiritually empty, Starbucks junkie whos at the end of her quickly fraying proverbial rope. Deciding she needs to try something different if she has any hope of changing the trajectory of her life, she signs up for a yoga workshop that promises everyone who ponies up \$150 enlightenment, bliss and the answers to all her questions. Quite the deal she thinks, fire your therapist and do a few down dogs instead. What Olivia finds during the workshop however is while yoga has the answers shes seeking, its as much inner work as it is outer. And the journey to get there is one exhilarating, sweaty ride!**FIND INNER BLISS NOW!**From the first page, you're inside the inner sanctum of a yoga studio...with all the asanas, meditations, music, incense and spandex. Throughout the workshop youll confront lifes biggest challenges along with Olivia: coping with heartbreak, insecurity, death. Youll learn lifes most valuable lessons, leaving the workshop and finishing the book with a whole new outlook. Become empowered right now! Learn to let go of what you dont need and start living the life you want. You will not be the same person you were when you reach the last page, guaranteed. So curl up on your couch and let the ride to bliss begin!

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