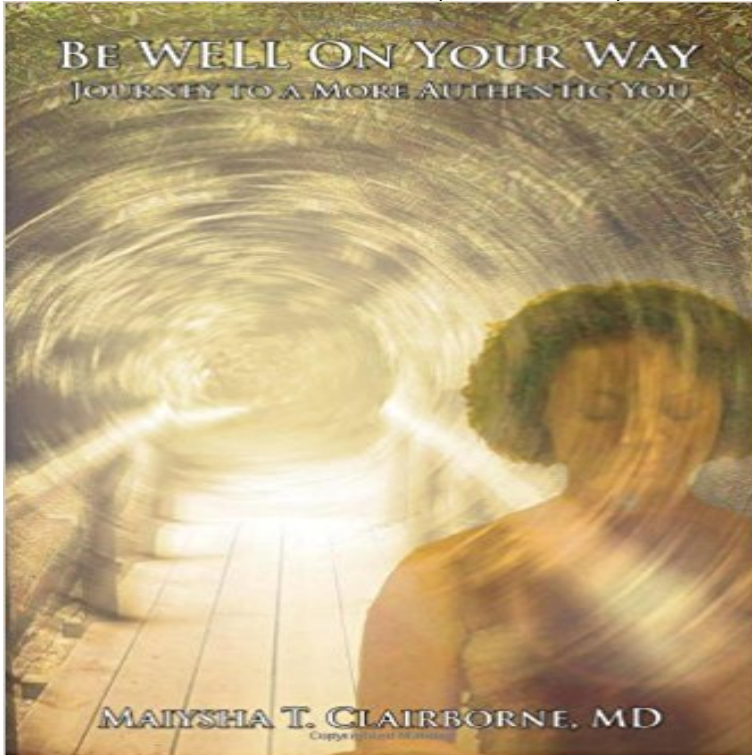


## Be Well On Your Way: Journey to a More Authentic You



Learn how to balance your life and manage your stresses on a daily basis. Dr. Maiysha Clairborne shows you what it means to truly live well by showing you step by step how to balance in the most crucial areas of your life. Learn about the 12 areas of life in which balance and imbalance occur and how imbalance in one or more of these areas can lead to physical, mental, and/or spiritual disease. Find out how the process of change help you identify where you are and set you up for success in whatever goals you set. Learn how to set reasonable goals and shift your thinking to keep you motivated to get all that you desire out of life. Master the art of setting boundaries in work and intimate relationships. This book shows you all of these things taking you through several daily practices that will ultimately lead you to personal freedom.

Welcome to the blog of Joan le Grande. I'm changing the blog to english so forgive me the dutch articles before. I already translated a few, keeping it up! Anyway, stay tuned for lifestyle articles and reviews about games or other nerdy stuff. Enjoy! Categories Comics Games Playstation 4 Wii U Lifestyle Posted by Joan le Grande in Games, Playstation 4 Leave a comment Tagsexperience, first look, Games, Playstation 4, Playstation VR review, ps4 VR review, viraal reality YES YES YES. I'm super hyped about the VR, but you obviously knew that already because of my last blogpost. There were a few hiccups because I ordered it online and I was working during the time it came. I stressed, freaked, jumped and finally gave up on the thought I got to play on the day it came out. But luck was on my side and when I got home, 20 minutes later the VR glasses arrived! In this post I will take you with me on my first experience with virtual reality. Was it as awesome as I hoped? Or is nauseating and not really my cup of tea? Read and find out!

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