



It's Not That Complicated: How To Create A Personalized Template of Alignment

Jan L. Bowen

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Every facet of your being—physical, mental, and spiritual—has the capacity to bring joy and fulfillment to your everyday life. By bringing your talents, skills, values, purpose, energy, and style in sync with the external world, you will be thriving and loving every minute of it. *It's Not That Complicated* will walk you through the simple process of releasing pieces of your life that hold you back while simultaneously discovering ways to move forward towards a more fulfilling one. Jan L. Bowen will help you develop a Personal Template of Daily Practices, a Structure of Tactics, and a Bundle of Exceptional Resources to not only realize your purpose, strengths, and passions, but to use them to sustain healthy alignment as your life changes.

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