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Happiness Chronicles



Happiness begins within. It grows when we accept life, live with courage and act with compassion. Each of us has an inner voice that guides us when we pause to listen.

This week, I invite you to reconnect with yourself and create space for freedom and joy.

<u>Listen to the Podcast</u> →

Podcast: The Happiness Hour

In this episode of *The Happiness Hour*, I speak with **Izabella Niewiadomska**, a

Episode 21: Happiness Is A State Of Wholeness

leader, coach and bestselling author. Her journey shows the strength that comes

from living in wholeness.

In this podcast we will explore:

• Wholeness as the foundation of happiness.

The role of gratitude and emotional awareness.Balance of body, mind and spirit.



Spotify



Read the Blog



Release inner blocks through forgiveness and awareness.
Choose thoughts and actions that bring peace.

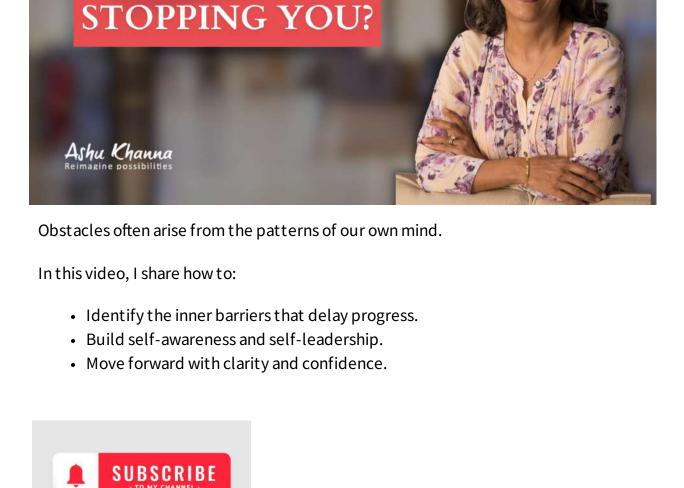
Reflect: What does inner freedom mean to me?

Video Snippet

What's Stopping You? Watch the Video →

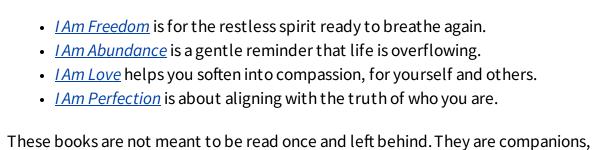
WHAT'S

Recognize the conditioning that limits growth.



Every book carries energy. Mine were written to spark inner shifts that last long after

If one of today's words from this newsletter stirred something in you, perhaps a page



the page is closed.

ones you can return to whenever you need clarity, courage or grounding.

in these books is waiting to meet you.

step each day brings us closer to wholeness.

From My Writing Desk:

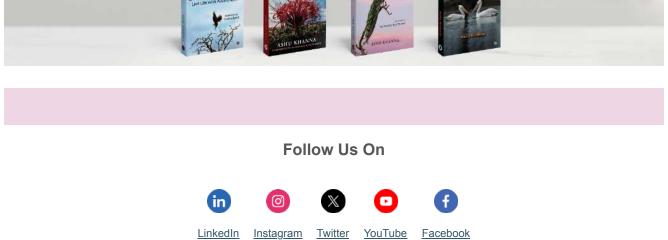
A Journey You Can Hold in Your Hands

Freedom grows when we listen inward, act with courage and live authentically. One

With love & light, **Ashu Khanna**

Until next tuesday...

Explore My Books →



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