

Explaining why people get stuck in an addictive cycle of struggle, effort, and busywork—the cycle of Hard Time—this book reveals the magical world of Soft Time, where one can learn to find true happiness, fulfillment, and inner peace. Pure Bliss offers 75 simple and practical guidelines for living in Soft Time, in order to learn to tap into inner wisdom, be more creative and productive, fulfill a higher purpose, find peak performance, enjoy the simple pleasures of life, and find inner peace. The 75 short chapters are to be dipped into, meditated on, and enjoyed. They cover themes that include personal relationships, the inner self, parenting, work, prosperity, health, and the home.

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