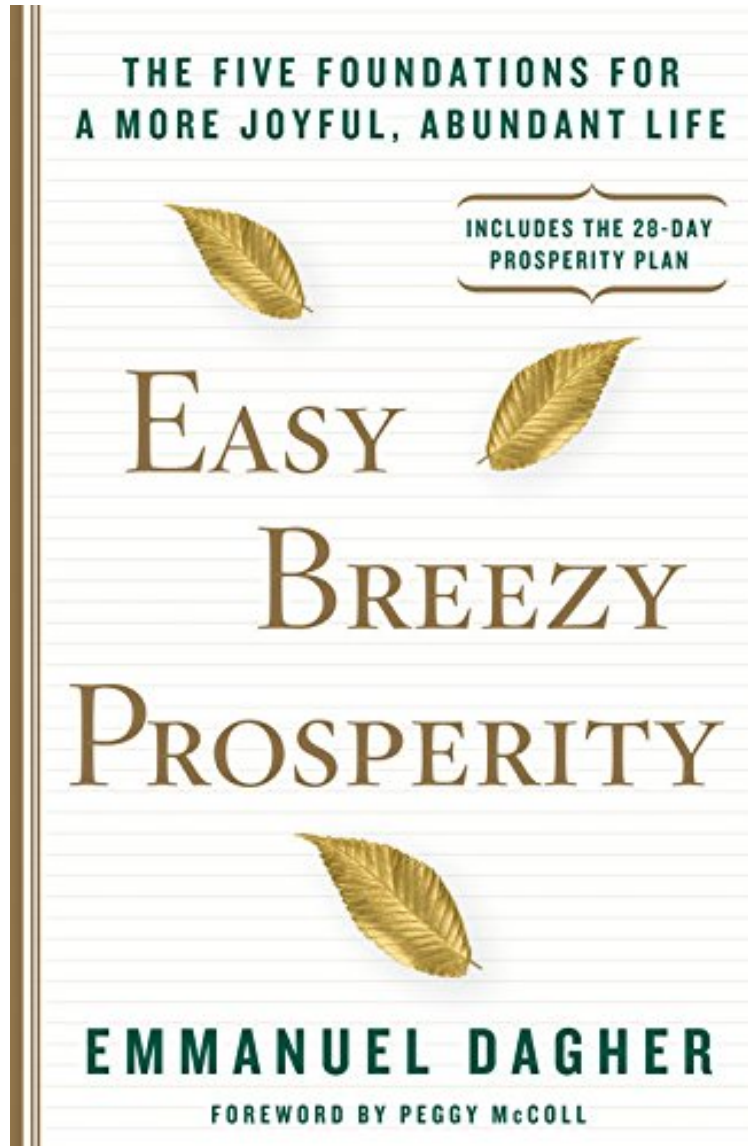


(Ebook pdf) Easy Breezy Prosperity: The Five Foundations for a More Joyful, Abundant Life

## Easy Breezy Prosperity: The Five Foundations for a More Joyful, Abundant Life

*Emmanuel Dagher*

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**Emmanuel Dagher : Easy Breezy Prosperity: The Five Foundations for a More Joyful, Abundant Life** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Easy Breezy Prosperity: The Five Foundations for a More Joyful, Abundant Life:

59 of 61 people found the following review helpful. A Fresh Take on Prosperity with Cross-Generational Appeal By M. Raymond I have read many prosperity books and purchased several programs from various authors and teachers

over the years. At this point in my life, I think I have a pretty good grasp of prosperity principles and feel fairly confident in my knowledge of how to transform different areas of my life that I'd like to improve. I feel pretty prosperous! However, every once in a while, a book will call to me for some reason, and this is one of those books. Reading it works on several levels, but basically, what I really enjoy about it is the combination of a simple, sound prosperity program, written in easily understandable English (non-technical, free of jargon, very well edited and formatted) and with words that are infused with a delightful, supportive energy that is palpable throughout the whole book. Just reading the words, one can feel the author's love and positive intentions towards the reader. I hope this isn't too woo-woo for you, but read it, and I think you'll know what I mean! There is a very powerful energy contained within the pages of *Easy Breezy Prosperity*. The book covers five foundations to create a life of prosperity: (1) Finding Happiness (2) Embracing Circulation (3) Investing in Yourself and Creating Balance (4) Building a Support Network (5) Practicing Gratitude and Kindness. Each of these foundations is covered in its own chapter, with simple, well-explained exercises at the end that help you build up your own strong foundation in the five areas. Personal stories skillfully woven throughout the book provide extra support to the efficacy of the author's methods. Following the Five Foundations is a 28-day program to, in the author's own words "get the ball rolling" and turn the exercises into natural habits. You are encouraged to follow the 28-day program at your own pace, following your own instincts. Although I enjoy and appreciate many of the older prosperity classics (*Think and Grow Rich*, etc.), because they were written in another era, the energy and the stodgy, outdated language sometimes doesn't feel quite right for NOW. And in general, the focus of these older titles tended to be on monetary success and business achievements. *Easy Breezy Prosperity* is about increasing prosperity in all facets of life, and gives many great examples and techniques to bring you to this "better" for yourself. There is even solid advice on how to use Social Media to enhance your life, which is something fairly new to this genre. With the publication of *Easy Breezy Prosperity*, I now have a wonderfully up-to-date high energy book that I can share with my both my nieces and nephews in their twenties, as well as with older people. When I say older, I mean... I am literally going to recommend this book to friends I have that are in their 60s, 70s and 80s! Sometimes I hear people in these older generations (and younger!) get stuck on everything "having to be a lot of work and effort in order to succeed" and now, I can save my breath... I can just hand them this book! Beautiful! I have just saved myself time, which for me, is one area of prosperity I'm increasing. 10 of 10 people found the following review helpful.

*Easy Breezy Prosperity* By Carol LaFrantz Nice read. I find Emmanuel Dagher's book to be inspiring. I have him on Facebook and get a daily dose, which I love. You can feel the love and the humanity from Emmanuel. 4 of 4 people found the following review helpful. Really! Easy things to do to change your thinking. By Pat F Absolutely L-O-V-E this book. Filled with lots of tips to help my thinking about money and prosperity. I have done a lot of exercises and read a lot of information and even gone to some prosperity courses. This is working for me. There is a 21 day plan to establish habits that is changing my thinking. I am so bad about really working a plan of any sort like this but this is working much better because as I do the little program each evening, I notice that I had blocking thoughts that hadn't come up in other programs and they are changing as I work the program. Working the program is creating a feeling that the energy of money is something I want to be a friend with. I want to be at peace with the universe and I am realizing that I also want to be at peace and friends with money. Lots of short little exercises and activities that can be done on their own with no fuss to help you feel good about money in your life. Fantastic book Emmanuel!

*Easy Breezy Prosperity* is a holistic guide to discover and nurture prosperity and align your life with your spiritual core. Author Emmanuel Dagher redefines what real prosperity means and offers you tactics to expand and enrich yourself well beyond financial goals. By examining how and why we treat money the way we do, Dagher shows you how to realize the success you have already created and cultivate the clarity needed to attract more of it in your daily life. Each chapter is designed to empower you, leaving you feeling optimistic not only about their working lives and finances, but also your entire life's path. Dagher shares his own story and those of his clients and fans who have turned their lives around using his meditations, rituals, and exercises. He also includes an 28-day plan with simple yet effective daily practices you can use, such as: Expressing gratitude each morning for all that you have Cultivating a healthy relationship with money through "money healing" practices Seeking out opportunities to be of service through your time, energy, gifts, or abilities De-cluttering your space and mind to allow positivity to enter *Easy Breezy Prosperity* is a powerfully motivating plan to take action, strengthen self-confidence, and enjoy a more joyful and abundant life.

"This book helps you redefine your relationship with money and will catapult you towards a more prosperous, joyful life." ---Jack Canfield, author of *The Success Principles*

About the Author Emmanuel Dagher is a transformation specialist, holistic health practitioner, teacher, and humanitarian who helps others create positive shifts in their lives. He is the author of *Easy Breezy Miracle*. He lives in Los Angeles, California. Michael Hinton is an actor of stage and screen as well as a voice-over artist, puppeteer, and writer. Classically trained, Michael has performed in New York, the U.K., and regionally throughout New England. He holds a master's degree in professional acting from the Bristol

Old Vic Theatre School in Bristol, England.