



Consciously Connecting: A Simple Process to Reconnect in a Disconnected World

Holland Haiis

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In the age of technology we have become disconnected at a cellular level. The time to reconnect to ourselves and each other is now. Consciously Connecting is a step-by-step guide that will enlighten and give you the ability to further connect to your inner self. Learn to enrich your relationships with others, take action, and connect within the world around you-and most importantly, with yourself. Develop healthy emotional habits, and decrease stress and anxiety with your connectivity, which will give you the inspiration to lead a more productive and creative life. This adventure will be fun, and the exercises are easy. Engage in a weekly plan of action as you commit to be cognizant and walk away from life's disconnect and distractions. Unlock the secrets to Consciously Connecting as you choose to achieve your goals, embrace your strengths, and define your journey. Give yourself the gift of joy and happiness through connection and watch the possibilities happen.

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