



Do You Think You Will Break?: Stretching Head, Hips and Heart in My Search for Happiness

Robin Patino

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Feel. Flow. Believe. Observe. Connect. The keys to living a happy and healthy life. This entertaining and inspiring memoir will show you how Patino used them to transform from an overweight, depressed and stressed-out corporate executive into a woman living her dreams, thanks to the science of yoga.

Learn through example how to:

- release behavioral patterns that have been holding you back
- be powerful in the face of whatever life presents you
- connect with your life's purpose and build deeper relationships
- regain vitality and utilize the law of attraction
- transform your physical body into prime operating condition

Do You Think You Will Break? is the story of one woman's courageous leap into the unknown. Through moving and entertaining anecdotes from the author's life on the road, the book inspires readers to go for your dreams by showing what is possible when we make the choice to follow our heart, even in the face of fear.

Head, hips and heart - those are the places where we tend to break as we go through life, particularly for women. We cling to limiting beliefs, we develop emotional and sexual problems, and we close our hearts, becoming unavailable for relationships without being conscious of it happening.

By stretching our head, hips and heart, we can increase our flexibility, openness and power. We can release the accumulations of life that have aged us and regain our vitality, our youth and our faith.

Read about the lessons Patino learned on her quest. They will inspire you to find your own path to happiness and health.

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From reader reviews:

Nicole Marcil:

Have you spare time for just a day? What do you do when you have a lot more or little spare time? Yep, you can choose the suitable activity for spend your time. Any person spent their own spare time to take a wander, shopping, or went to the particular Mall. How about open as well as read a book eligible Do You Think You Will Break?: Stretching Head, Hips and Heart in My Search for Happiness? Maybe it is for being best activity for you. You know beside you can spend your time together with your favorite's book, you can better than before. Do you agree with it is opinion or you have additional opinion?

Lionel Huggins:

Exactly why? Because this Do You Think You Will Break?: Stretching Head, Hips and Heart in My Search for Happiness is an unordinary book that the inside of the book waiting for you to snap it but latter it will zap you with the secret the idea inside. Reading this book adjacent to it was fantastic author who else write the book in such incredible way makes the content inside of easier to understand, entertaining means but still convey the meaning entirely. So , it is good for you because of not hesitating having this any more or you going to regret it. This unique book will give you a lot of gains than the other book have such as help improving your proficiency and your critical thinking technique. So , still want to delay having that book? If I ended up you I will go to the reserve store hurriedly.

Avis Marguez:

Playing with family in the park, coming to see the water world or hanging out with buddies is thing that usually you will have done when you have spare time, subsequently why you don't try point that really opposite from that. I activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Do You Think You Will Break?: Stretching Head, Hips and Heart in My Search for Happiness, you could enjoy both. It is fine combination right, you still desire to miss it? What kind of hang type is it? Oh can happen its mind hangout people. What? Still don't obtain it, oh come on its referred to as reading friends.

Jon Watson:

That reserve can make you to feel relax. This kind of book Do You Think You Will Break?: Stretching Head, Hips and Heart in My Search for Happiness was colourful and of course has pictures on there. As we know that book Do You Think You Will Break?: Stretching Head, Hips and Heart in My Search for Happiness has many kinds or category. Start from kids until teenagers. For example Naruto or Detective Conan you can read and think you are the character on there. Therefore not at all of book are usually make you bored, any it makes you feel happy, fun and unwind. Try to choose the best book to suit your needs and try to like reading this.

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