



# Add More Ing to Your Life: A Hip Guide to Happiness

*Gabrielle Bernstein*

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**Discover the thirty-day *-ing* Equation to sharpen your intuitive senses and activate untapped inspirations!**

Lots of people are selling "happiness" these days, but in her hip self-transformation book, *Add More -ing to Your Life*, motivational speaker and life coach Gabrielle Bernstein truly shows you how to make happiness a way of life by accessing your *-ing*—your Inner Guide.

In her thirty-day *-ing* Equation, Gabrielle will show you how to bulldoze negative thought patterns and create personal change through positive affirmations, physical activity, and visualization meditations.

Get prepared to change your life by accessing a state of "flow" to help you connect with your *-ing*. You'll release your negativity and choose happiness!

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