



# The Pursuit of Happiness: Integrating the Chakras For Complete Harmony

*David Pond*

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## **The Pursuit of Happiness: Integrating the Chakras For Complete Harmony** David Pond

David Pond, author of the bestselling *Chakras for Beginners*, offers unique and easy-to-follow guidance for experiencing true happiness in your life.

In this book on wellness, Pond describes all seven dimensions from which we experience life—our physical identity, emotions, willpower, heart center, thought patterns and intuition, imagination, and spirituality—and gives practical methods for developing and integrating each of these aspects. When you are fully engaged at each level of your being, you gain a multidimensional awareness that serves as a powerful source of strength and hope.

Compatible with any spiritual path, this holistic perspective helps you create a richer and more fulfilling life, from overcoming everyday challenges to finding your life's work to becoming a better partner and friend.

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