Daring Dreamers'

Guide to Living Joy~Fully

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Hey Love,

Thank you for being part of this Happiness Revolution and for making joy *the* priority in your life.

I want to continue to support you and guide you on your journey, so I've created this resource to help you on your way...

This is my personal go to list for all things HAPPY.

When I'm in the thick of it {and you know what I mean!}, remembering to take time to focus my mind on that which brings me JOY is for sure the quickest path from feeling trapped in a funk to feeling free and in the flow...

Whether it's a book, a blog post, a story, a song, a film, a teacher, a coach, or a friend...there are infinite ways to *reconnect within* and *allow our own light to shine*.

May my most cherished inspirational guides offer you the loving support you desire + so deserve.

Sending you love + big hugs,

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Life changing books:

Ask and It Is Given by Esther and Jerry Hicks

Change Your Thoughts, Change Your Life by Wayne Dyer

Mind Over Medicine by Lissa Rankin

Teachings on Love by Thich Nhat Hanh

The Alchemist by Paolo Coehlo

The Art of Happiness by The Dalai Lama

The Art of Racing in the Rain by Garth Stein

The Desire Map by Danielle LaPorte

The Fall of Freddie the Leaf by Leo Buscaglia

The Power of Now by Eckhart Tolle

The Precious Present by Spencer Johnson

The Prophet by Kahlil Gibran

Tuesdays with Morrie by Mitch Albom

You Can Heal Your Life by Louise Hay

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Inspirational Sites:

- abraham-hicks.com
- daniellelaporte.com
- enjoyparenting.com
- lissarankin.com
- pospositive.com
- ripplestribe.com
- robertholden.org
- simplereminders.com
- thedailylove.com
- tinybuddha.com
- tut.com
- yogajournal.com

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Feel Good Music:

"Believe" by The Dirty Heads

"Better Together" by Jack Johnson

"Blessed" by Brett Dennen

"Count on Me" by Bruno Mars

"Feel So Close" by Calvin Harris

"Firework" by Kate Perry

"Happy" by Pharrell Williams

"Hey Now Now" by Michael Franti & Spearhead

"I Won't Give Up" by Jason Mraz

"Three Little Birds" by Bob Marley

"What a Wonderful World" by Louis Armstrong

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Transformational Films:

Happy

I Am

The Butterfly Circus

La Vita e Bella

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Daily Inspiration Tools:

Affirmation Cards by Louise Hay

Angel Cards by Kathy Taylor

Angel Tarot Cards by Doreen Virtue

Desire Map Journal by Danielle LaPorte

Gratitude Journal by YOU

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Want more love + inspiration?

Work with me!

I'm Denise Dare, coach and consultant to ambitious visionaries craving more ease + freedom + abundance + love.

Through my writing, teaching + mentoring, I support daring dreamers ~like you~ to move forward with clarity, courage and confidence...guided by desire + fueled by passion to live the life of your dreams.

My mission is to inspire you to feel free to shine your light, to create more space for ease + joy + love in your life... and to enjoy your beautiful unique journey.

Join the love revolution: denisedare.com.

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