



Fullness No Matter What: Juicy Living From The Inside Out

Ulla Mentzel M.A.

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When change comes knocking on our door, or when we are ready to play a bigger game in life, Fullness No Matter What explores the opportunities inherent in opening ourselves up to new vistas. Ulla Mentzel takes us on a journey into our very own fullness through: ArtPoetryBreathing and pleasure exercisesThought provoking concepts and perspectivesInspirational quotes And more. Whether single or in relationship, this journey into fullness is filled with such aspects as pleasure, laughter, joy, loving, and inspiration, and all of it just inside these human bodies."Fullness is when our cup runs over and we give back where inspiration guides us, gratitude points us, and help is needed."Here is a practical resource for anyone who is ready to experience joy in everyday life, find more and expansive levels of pleasure, celebrate the attitude of gratitude towards everyone and everything, and see the funny side of just plain living.By the way, if we should find ourselves stranded on a deserted island, Fullness No Matter What is the one book that might make that challenging situation exciting and pleasurable, possibly even meaningful.

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