

# **The Little Human Handbook - Vol Two:**

## **Choice | Change | Practice**

### **Two-Minute Daily Soul Soothe:**

A Guide to Finding Peace, Inspiration and Direction Amid Life's Chaos for Those Feeling Overwhelmed, Confused, Stuck and Stressed out!

In the midst of life's turbulence, just knowing we have a choice makes all the difference in making healthy changes. Making meaningful and healthy changes comes with practice, when deliberately creating the life we want.

Embark on a journey with these concise, two-minute daily readings designed to enlighten, inspire and motivate you towards healthier decisions and positive life changes.

### **Features:**

- 21 Choice selections: To empower you in embracing healthy choices.
- 21 Change selections: Move towards your dreams with intention and purpose.
- 7 Straightforward Practices: Implement simple techniques to manifest your desires.
- 49 Motivational Daily Quotes: Find solace and encouragement amidst life's shit-storms.
- The Essential Three Questions: Essential questions to consider if you want a better life.
- Additional Tools: Explore the Emotional Scale and Emotional Change charts for deeper insights.

### **Why Choose This Handbook?**

For anyone wrestling with feelings of overwhelm, seeking clarity, or in pursuit of inner peace, this carefully curated collection—focusing on Choice, Change, and Practice—offers comfort and guidance. It reassures you that you're not alone on this chaotic journey of life.

By dedicating just TWO minutes each day to this guide, you'll uncover straightforward yet impactful strategies to navigate through life's challenges, reclaim your serenity and direction, and begin creating the life you've always wished for.

**Remember, transformation is within your reach, and you're not in this alone!**