

Bliss or Bust: Uplifting Thoughts



Bliss or Bust: Uplifting Thoughts, by Stevie Puckett, is a different kind of book. It is not filled with the authors life story or case studies or research. It is an easy and potentially powerful listen. It will help you realize the practical importance of disciplining your thoughts through awareness of your emotions and how to use them. It is also about intuition, how to trust it, and why it can provide a life-enhancing advantage to intentionally develop it. This book is short and sweet. It is not a book that you will necessarily want to listen to straight through. You may just listen to it when you want a lift or just hear one entry a day or one entry at different points in the day. You might even just pick it up occasionally and fast forward to a special message to consider. Bliss or Bust: Uplifting Thoughts is a compilation of ideas to help build a foundation from which to live a more enjoyable life intentionally and authentically. If you are open to a new perspective that will ease your mind and help you to feel your best, then you are going to love this book.

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