

Peaceful Empowerment

42 Ways to Strengthen Your Inner Power

A
Happiness Recharge
Book

Happiness Recharge

EMPOWER YOURSELF



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Content and photography by Kelly Stone Cramer

Disclaimer: The content of this book is considered to be life advice. The author disclaims any liability for actions taken by readers.

This book is dedicated to all those struggling to find their inner strength, searching to find their voice or learning to use their independent power. May this book liberate you to find peaceful empowerment.

Introduction

This book is about building personal empowerment and inner strength. Its purpose is to reveal to you that you are already radiating and brilliant.

It is intended to help increase your level optimism while feeling inspired to grow mentally. Combined with your willing attitude, this is a valuable tool that will provide insight on how to become a stronger, more confident, you.

Content is accompanied by nature photography as a reminder that you have similarities with the growth that surrounds you. Just like you, it is continuously evolving and thriving.

What you'll get following this book is a brighter outlook and momentum toward your evolution of empowerment.

May these pages stir something inside you to build a happier and more fulfilling life starting today.





Believe in Your Happiness

To get to a place of bliss, you must know that the source of happiness starts with the acceptance and belief in yourself. If you begin by first being content with who you are, you will gain more ground to bring in happiness from multiple sources.

Who you are today is a successful survivor of all your days past. Who you are today is a product of your lessons. Who you are today is someone seeking more happiness for your future. Who you are today is someone worthy of achieving the goals you set. Whatever it is you aim to acquire to make yourself happy, start by believing in yourself and know you are deserving of happiness.



2

Build Connections

Throughout life, you will have many relationships and experiences with others. Therefore, it's important to have people in your life who are kind, helpful and happy and not ones who drain your energy, take you for granted or treat you with disrespect.

In your gut, you know the difference. When you separate from spending time with someone, reflect on whether you feel uplifted or pulled down. It is never worth spending time with others who make you feel low.

Good relationships bring out the best in you, and it goes both ways. Healthy relationships are built upon a foundation of acceptance, trust and support. When you find positive connections, you can help each other through life. As you exchange support along your journey, you may even develop some strong lifelong bonds.



3

Flow with Life's Current

Through life's rocky areas, there may be some times when you want to go against the current. While it's good to use strength when facing obstacles, it can be exhausting trying to get somewhere with little to no progress.

When this is the case, be honest with yourself about what is working and what is not. Understand that perhaps your life is meant to take another course than the one you're trying to force.

You don't have to let your dreams die, you just have to be open to let go of the way you think they should transpire. If you loosen your hold a bit, things can finally go in the natural flow the current is trying to take you, which can turn out to be an even better direction than initially.