

Recharge

Your Inner Peace and Power

A
Happiness Recharge
Book

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Content and photography by personal empowerment author,
Kelly Stone Cramer, Happiness Recharge, LLC
www.HappinessRecharge.com

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Happiness Recharge

EMPOWER YOURSELF



This book is dedicated to you.

You are a powerful individual who has yet to witness how your life will unfold in all of your tomorrows. May you find peace often and recharge your energy using all the healthy outlets you enjoy.

Nature teaches you to recharge your inner peace and power.

The very existence of nature helps you to live, but beyond that, nature is constantly telling a story about itself so you can learn, grow and evolve as a person.

It says that beauty and resilience can happen regardless of any dire elements. It says it is here for you when you need inspiration. It says that slowing down to appreciate your life, inside and out, is of the utmost importance in order to live fully and freely so you can feel the strength within you. It says something beautiful is budding within. It says you can become something greater than you are right now, yet who you are right now is an amazing result of what you have grown through in all of your yesterdays.

When you connect with this book, you are connecting with yourself. Honor yourself by making space to absorb these messages. Allow yourself to relax, be still, slow your mind and find zenful bliss as you recharge your inner peace. Be sure you are carving out some quality time in a quiet place to let your mind feel what it needs. Trust whatever emotions stir within you. It's when you are peaceful and grounded that you can expand your power the most.

You can revisit this book often to restore, replenish and recharge.

You may find that this content means different things to you at different times in your life. That is by design as you are constantly growing and evolving, much like the nature that is pictured.

The imagery within this book is colorless yet quiet, powerful and still. Let these photographs and words inspire you, soothe you and guide you to recognize your own power that you attain within your being always.

You can use this book to inspire your meditation practice, personal growth and reflection, or to just uplift your spirits when it's needed. Just like living your life, it is up to you, there is no wrong way on how you'd like to incorporate this into your day.

However you use it, let it be your launching pad to remind you that you can find grounding within yourself at all times. You have within you a strong core. It is always there. When you cannot find it, or have a hard time calming your mind to listen to your strong inner voice, spend some time in nature. When you look closer at its liveliness, when you pay attention to the calmness it brings, when you listen closely to the rustling of the breeze, it will remind you how to recharge your inner peace.

Everything you see in nature, so too can you see within yourself.



Absorb

In times of busyness, take a break and let go of social status, norms or keeping up with the status quo. Let your mind get quiet about the goals you're chasing. Soak in the goodness life is giving you right now.

If you have supportive people surrounding you, a comfortable shelter that keeps you safe and warm, nutrients available to you to sustain your energy, clothing on your body to keep you protected from outside elements, you are not only meeting your basic needs, you are absorbing what life is providing you.

When you soak this in, you can tune in to other things that are healthy for your well-being, such as kindness, sunshine, fresh air and friendships. The more you look, the more you'll notice.



Accept

There are times when something is better left as is than to attempt to force it into being "fixed." Some things perhaps are not even broken. If you find discomfort about a situation or relationship that you stress over, rather than try to continuously force something to your liking, it may be time to accept what is.

Acceptance looks past the so-called problem and lets reality be the solution. By accepting the circumstance or situation, you are also accepting yourself and letting go of what you cannot control. Let your acceptance set you free from carrying the weight of the burden that needn't be yours.



Act

Taking action is the only way you can guarantee forward momentum in your life. It can bring you closer to your goals, self-discovery, personal evolution and success. While ambitions can seem overwhelming, know that not only do you have time to reach your dreams through natural progression, you also have the motivation.

Taking action can mean that you give your attention and focus to one individual task at a time that leads to another and another. This can collectively add up, leading you to attaining progress and achievement.