



From Burned Out to Fired Up: Fabulous Feng Shui Secrets for Feeling Happy, Confident, Sassy and Radiant (Fired Up Feng Shui) (Volume 1)

Claire Amber

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Are you depressed, burned out, overworked, or just plain tired? This humorous, super sassy self-care guide will help you reduce stress, cultivate life force energy and reclaim your zest for life. With a unique body, mind and surroundings approach, "From Burned Out to Fired Up" has three distinct sections. It's packed full of practical tips for integrating feng shui into your daily routine and infusing your life with energy. You'll also learn basic BTB Feng Shui principles, such as how to use the magical Bagua to manifest your desires. Having dealt with depression and a spinal injury, the author made it her mission to heal her body and mind, without drugs, and teach others to do the same. This book is a collection of tools and wisdom that Claire acquired on her healing path. Some books that inspired "From Burned Out to Fired Up" are: "From Panic to Power" by Lucinda Bassett "Dare to Connect" by Susan Jeffers "Feel the Fear and Do it Anyway" by Susan Jeffers "You Can Heal Your Life" by Louise Hay "Take Time for Your Life" by Cheryl Richardson "Move Your Stuff, Change Your Life" by Karen Rauch Carter "Clutter Clearing with Feng Shui" by Karen Kingston "The Alchemist" by Paulo Coelho "The Happiness Project" by Gretchen Rubin "From Burned Out to Fired Up" is Claire's first book, and there are plans for more in the "Fired Up Feng Shui" series. Claire has published many articles on Elephant Journal and Huffington Post, also under the names of "Claire Burstein" and "The Feng Shui Fairy".

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