



Are you Ready to Get your Bliss On?

- Are you driven and ambitious but often feel frustrated or stuck?
- Does stress keep hounding you to work harder?
- Even when you accomplish your goals, do you feel unsatisfied, like it's never enough?

It's because when you spend most of your time hustling after a better future, you neglect your bliss right now. **BLISS OUT** will show you how to take your goals out of the future and unravel their inner bliss in your life now.

Do you have a Hustle Hangover?

Does unfinished work hang over your head from one day to the next & drain you? This is a hustle hangover. Hustle causes you to hang your attention over onto past results and future goals.

But your life is happening right now.

You can hustle hard so you can feel better in the future or give it over to your inner bliss right now.

You are much more powerful, continually replenishing your bliss instead of reacting to life's stress.

Feel- Good Habits to Lift Your Hustle Hangover

The **simple** feel-good **habits** in **BLISS OUT** will never require effort, just a slice of your attention. Getting what you want is rewarding and fun when you line up with your bliss before taking action.

This book is about feeling good. It's an all-out champion for your good vibes. All it asks of you is that you accept an invitation to take a break from dissecting complicated issues in life and bliss out in happiness instead.

Learn simple, **feel-good habits** that will turn your focus from the inside out, enabling you to create a life that's more fulfilling, joyful, and filled with happiness. Find your bliss and you will be more centered, focused and relaxed while you work.

Take the hustle out of your happiness and claim the success you are.

Does your whole team have a **Hustle Hangover?**

Hustlers tend to stick together. You can turn around the momentum of your whole team from overworked and frazzled to focused, optimistic, solution oriented and passionate.

Time flies when teams find their bliss together.

Jobs can be rewarding, meaningful and fun when you bliss out as a team on the fun, meaning and satisfaction of your work together.

BLISS OUT with your team and help them appreciate their work instead of tolerating it.

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- 15 Minute Live Q & A with the Author via Zoom
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Are you ready to get your bliss on?

“ BLISS OUT is unique, refreshing and bold. Like a collaboration between the Dalai Lama and Dolly Parton, we learn about the unexpected Interconnectivity of direction, positivity, compassion, belief, wisdom and success. My advice to you, Read BLISS OUT and get ready to” Be Happy.” ”

-Mark DeVolder, Leadership Expert

About the Author

Jody Urquhart is an author and motivational speaker who has spent more than twenty-three years inspiring and entertaining thousands of audiences around the globe. Jody began her life on the stage as a stand-up comedian before pursuing her life's mission of empowering worn-out professionals with humour, hindsight, and hallelujahs. She is the author of the book *All Work & No Say*, a tongue-in-cheek insight into the rat race and how to find joy.

