



Moonshine for the Soul: A Path to Strength, Wisdom, Growth, Health & Happiness

Brandi L. Bates

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The more you heal yourself mind, body, and soul the more you can offer this world. The world needs every ounce of your happiness. When you're happy, everyone you encounter is left with the sweet fragrance you imbue. The alternative is unhappiness, stagnation, and a feeling of defeat. There is more to life than spending the best parts of ourselves in a cubicle under fluorescent lighting. In this book, we are reminded to find happiness in simple things. Bates reminds us of the power found in service oriented living such as volunteering and feeding the hungry. One can find happiness in simple things like learning to play a new instrument, teaching yourself to paint with water colors and acrylic, riding an elephant, sky-diving, getting outside yourself and getting outside your zip code. Creativity and inspiration must be found through being around new people, refreshing experiences, and recreating what's normal for you. In these pages you will learn how to find strength from within, grow in the midst of life's most turbulent storms, tap your highest self, tune in to real genuine health, and open your spirituality. This is an homage to the broken women and men in search of light at the end of the tunnel. Use this book as your literary lighthouse when you feel weather-worn and brow beaten by life; when the weight of the world is bearing down upon your shoulders.

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