

London Author Publishes New Book about the Key to Happiness

Written by Australian Business

(PRLEAP.COM) "The Combination of 3 – Happiness Is the Way Forward," a new book by Joan Thomas, has been released by Dorrance Publishing Co., Inc.

"The Combination of 3 — Happiness Is the Way Forward" offers a revealing and powerful guide to a personal discipline that seeks to cultivate a more complete understanding of life's journeys. Joan Thomas asserts that happiness is the way forward with this transformative self-development practice. By balancing three aspects of spiritual awareness-affirmations, meditation, and prayer-we can develop higher levels of consciousness and find fulfillment and meaning in our daily experiences while also tapping in to the assistance available to each of us from our spirit guides. With detailed and insightful suggestions for daily practices in each of the three components, The Combination of 3 promises to aid readers in finding a more unified reality path with greater satisfaction and peace along the way.

About the Author: Joan Thomas is a native of Jamaica who was inspired to write "The Combination of 3" as a result of her personal struggles and hardships in life. The author's interests in her own life journey includes writing, spiritual teacher and speaker. Joan is a qualified Reiki Master and clairvoyant.

"The Combination of 3 – Happiness Is the Way Forward" is a 62-page paperback with a retail price of \$9.00. The ISBN is 978-1-4349-0271-9. It was published by Dorrance Publishing Co., Inc of Pittsburgh, Pennsylvania. For more information, or to request a review copy, please go to our virtual pressroom at www.dorrancepressroom.com or our online bookstore at www.dorrancebookstore.com