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THE UNBELIEVABLE HAPPINESS OF WHAT IS

*Beyond Belief to Love,
Fulfillment & Spiritual Awakening*

JON BERNIE FOREWORD BY ADYASHANTI

What do you really want— isn't it happiness?

And what keeps you from being happy? Could it be that your unconscious beliefs about yourself and life, about reality and how things *should* be, are getting in the way? Identifying with and clinging tightly to what you believe can create suffering and prevent you from living in the present. With this uplifting guide, you'll learn how to arrive fully in the moment and discover that happiness is available—in truth, it's *what you already are*.

In *The Unbelievable Happiness of What Is*, Jon Bernie reveals how acknowledging and letting go of the beliefs that keep you stuck can set you on the path toward an awakened life of joy and freedom. Following the heart-centered guidance in these profound teachings, you'll learn how to bring awareness to the strongly held beliefs that hold you back, and move beyond them into the realization of true happiness and fulfillment, right here and now.

"Jon Bernie delivers the only news that's fit to print—that happiness is not something you acquire or create, but what you are fundamentally, your birthright, your natural state."

—**STEPHAN BODIAN**, author of *Wake Up Now* and *Beyond Mindfulness*



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