



How To Put The Wag Back Into Your Tail: The Art of Releasing Painful Feelings and Taking the Journey to Joy

Cayenne Graves

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"An open and honest soul baring with the goal of helping us move from pain back to life-affirming joy. Graves takes a fresh look at a problem all of us must face: how to move from sorrow to meaning." Shawn Achor, author of *"The Happiness Advantage"*

Say goodbye to a life half lived, and start your own Journey to Joy. Nothing says "happiness" like the wagging of a dog's tail. But when was the last time you felt that kind of sustained joy? As a young woman vacationing on St. John in the U.S. Virgin Islands, author Cayenne Graves fell in love and married an island sage named Woody. The young couple bought a seaside parcel of land and laid the foundation for an idyllic family life. Yet the island dream was ripped apart the day Woody suffered a cardiac arrest, dying at the age of 33. Cayenne descended into a grief so deep that she experienced an alternate reality, with no awareness of her physical self. Landing in a place of deep peace inside herself was her first step on the long journey back from the deepest grief to a life of joy. "How to Put the Wag Back Into Your Tail" follows Cayenne and her dog Houndy on a courageous journey of self-determination and self-examination. Told with island stories of humor and hope, and a heartfelt series of twelve of her paintings depicting dogs as a metaphor for unconditional love, Cayenne shares her secrets for releasing painful emotions like grief, anxiety, stress, not 'feeling good enough' and loneliness. This book is filled with links to online guided meditations and transformative practices. We all long for a deep peace to take away our fear...fear that we can't handle any more tragedy or hurts, fear that causes us to close down to life and those around us. We ache to be comfortable with ourselves no matter what. This book shows us how to achieve that relief and peace of mind. Read this book and connect to your spiritual Soul-Self. Create a wellspring of inner happiness that no amount of hardship can run dry. Having trouble letting go of past hurts? Learn the keys to emotional mastery so that no painful emotion need ever have a lasting hold on you again. Plus, you will read about how to overcome the brain's negativity bias and create neural pathways for happiness. Cayenne offers helpful guidance on enhancing relationships as you gain an important new understanding of the electromagnetic field of the heart. Feel like you aren't good enough? You'll explore ways to liberate yourself from who you think you are, the insecurities, worries, self-doubts, self-judgments and fears. Through mindfulness techniques you'll enjoy a growing self-acceptance, compassion and loving-kindness toward yourself. Lost connection with your spiritual Soul-Self? Learn how to free your inner space from the riotous agitation of painful, negative emotions and directly experience inner peace of mind. Feel the joy of connecting to your inner Soul-Self through breath practices, mantra and meditations.

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