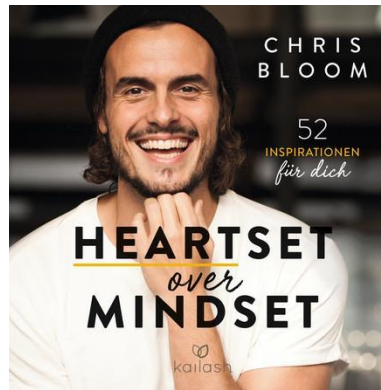


Follow your heart!



Chris Bloom
Heartset Over Mindset
[Heartset over Mindset]
52 inspirations

Kailash
112 pages
Format 15,0 x 15,0 cm
September 2020
With ca. 25 4c photographs

Chris Bloom is a coach, speaker and entrepreneur. After earning a master's degree in the US, he founded his own start-up in 2014. Since 2017 he has been focusing on his work as a life coach, specialising in empowerment, relationships, self-regard, and personal development. He sees it as his mission to accompany people on their path towards an authentic life. With his seminars, workshops, and online courses he inspires a constantly growing fanbase.

Is the right mindset the basis for a fulfilled life? Not necessarily, because without the right heartset, there is no way to have a connection with your own heart. It is not with the mind that we can express our very personal spirituality: We must above all feel this spirituality with our heart. With these special vibrations we will be able to master our life much more easily.

Developed by the life coach Chris Bloom, *Heartset Over Mindset* is the formula for creating an authentic self. A wealth of practical heartset exercises, reflections, inspirations, and motivational impulses will help us develop our own Heartset free of self-deprecation and self-doubt – and so to affirm an authentic and fulfilled life.

- Blossoming and finding the true self with the lifehacks of Chris Bloom
- Exercises, reflections, inspirations, and motivations for every week