



# Stride Like a Lion, Soar Like an Eagle: A Guide for Living Joyously

*Elaine C Scribner*

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## **Stride Like a Lion, Soar Like an Eagle: A Guide for Living Joyously** Elaine C Scribner

This delightful guidebook to life offers the opportunity to explore tools and techniques designed to empower you to choose a life of happiness and joy. Through her own set of unique experiences, Elaine discovered that happiness is a choice that requires action. Discover how to transform your strengths into peace, contentment and joy. Stride Like A Lion, Soar Like An Eagle is filled with inspirational stories, strategies, resources and time-honored wisdom to accompany you on your pursuit of happiness. Whether this is your nineteenth life change or your first venture into the world, there is something here for you. The only thing in this world that we can change is our own attitude. Choose the path that leads to happiness. Choose to be a victor, not a victim and experience the fruits of resilience, hope, peace, passion, harmony, freedom, contentment, connectedness, happiness and joy. Here's what readers are saying about Elaine's new work: "After reading the book, I felt better about my life, more hopeful. The exercises are good; they present solid tools for self-exploration, measurement and growth." – Jim 2013 "A very easy read. The 'what works for you,' attitude makes the book non-demanding. I did not feel bad or wrong if the ideas presented would not fit for me." – Marybeth, 2013

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