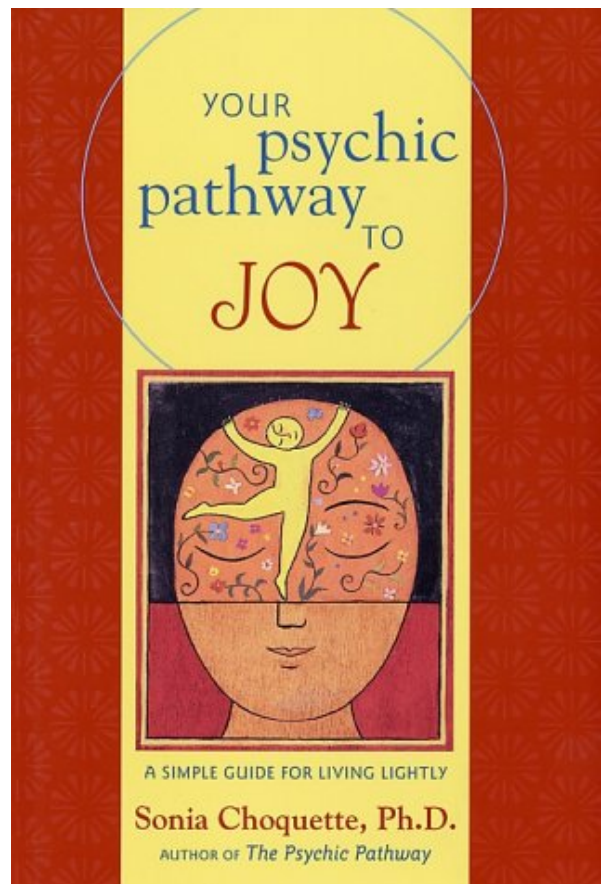
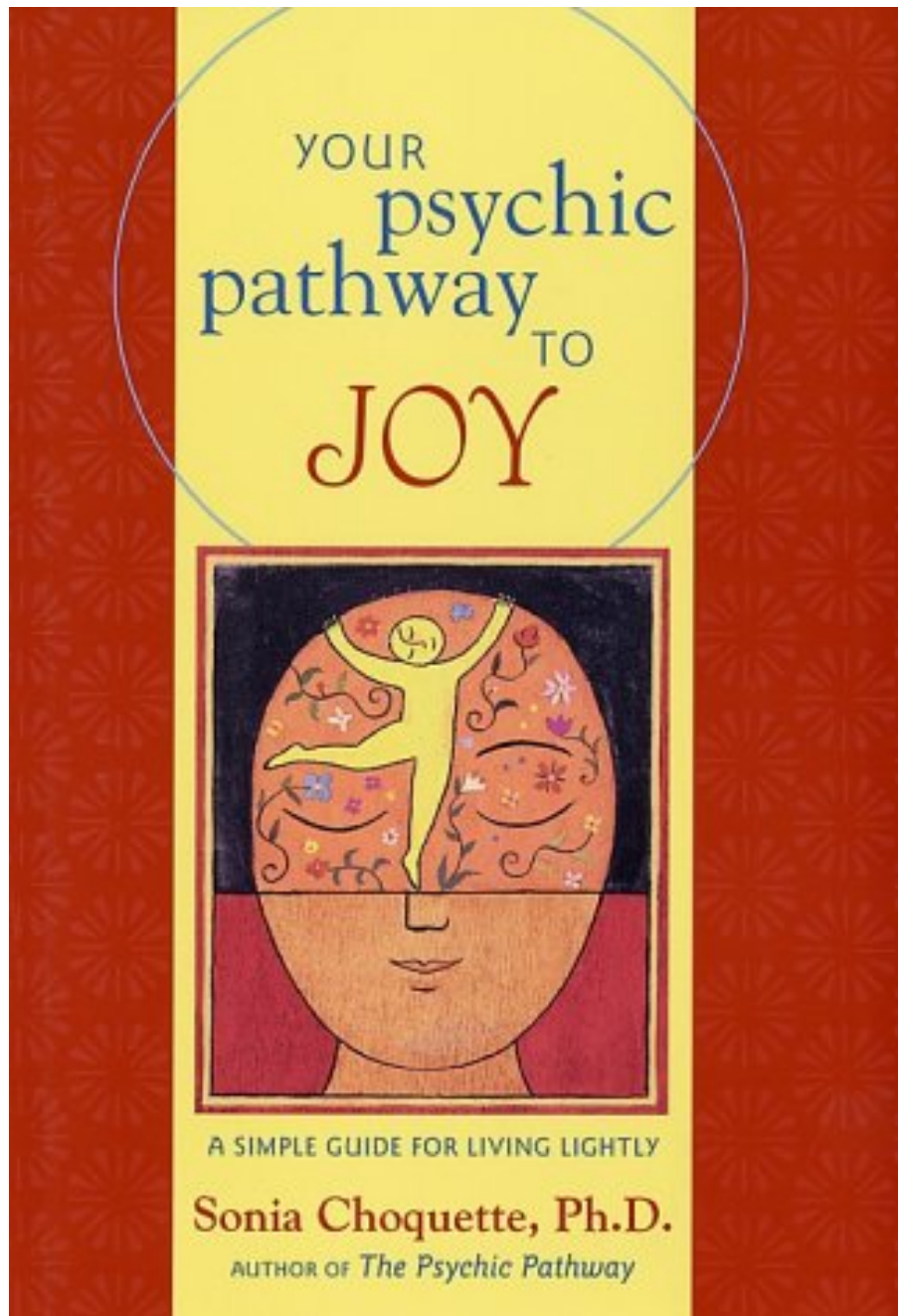


# YOUR PSYCHIC PATHWAY TO JOY: A SIMPLE GUIDE FOR LIVING LIGHTLY BY SONIA CHOQUETTE



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## From the Inside Flap

It can be difficult to make joy a priority when life is hectic and time is at a premium. But joy can be found in simple acts: adding a growing plant to a room, spending a few minutes in meditation, or choosing to make em-powering affirmations. In *Your Psychic Pathway to Joy*, renowned intuitive and spiritual healer Sonia Choquette offers her wisdom and teachings in a book perfect for anyone who needs a little guidance in discovering every-day bliss.

## About the Author

Trained in religious studies and metaphysics at the University of Denver and the Sorbonne in Paris, Sonia Choquette is a spiritual counselor who has been in private practice for nearly thirty years. Author of *The Psychic Pathway*, *Your Heart's Desire*, *The Wise Child*, and *True Balance*, she is a popular lecturer and workshop leader known for her storytelling and accessible style. She has appeared at the Omega Institute in New York and Costa Rica, the Transitions Bookstore and Learning Center in Chicago, New York's Open Center, the Infinity Foundation in Illinois, and the Hoffman Institutes. She also makes regular television and radio appearances across the country. Visit her website at [www.soniachoquette.com](http://www.soniachoquette.com).

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I was taken aback initially by the lightheartedness of this book, because of the thoroughness and depth of her other books, "The Psychic Pathway", "True Balance" and "Your Heart's Desire", all of which I found illuminating. However, this is a light, stream of consciousness approach and the book models the lightness and balance that the integrated spiritual seeker can achieve. The many helpful ideas range from the simple and obvious "Lighten up" to a small but good section on meditation.

It succeeds at what it sets out to do, but some readers will need the depth and rigor of her other works. Still, I'm glad I got it!

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