

This Love Within

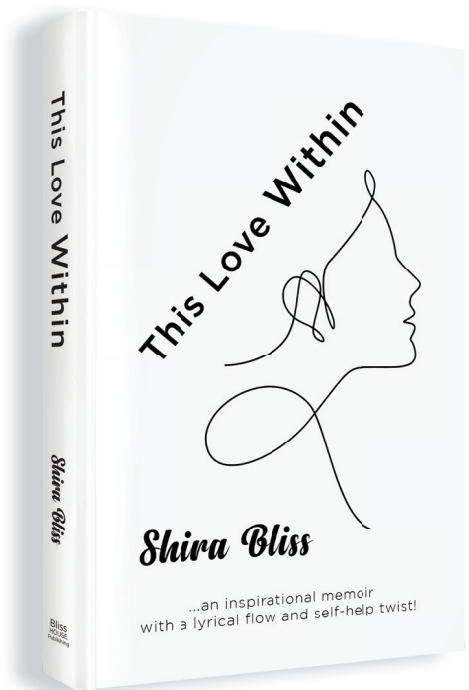
...an inspirational memoir
with a lyrical flow and self-help twist!

Shira Bliss

Even if you're not one to typically read poetry, do yourself a favor and read Shira's insightful healing journey... Ms. Bliss' poems will captivate and transform you to a place of self-love and acceptance. If you suffer from overthinking, depression or anxiety, you've come to the right place.

— Dr. Lauren E. Pichard, PsyD, CEO Ascension Psychology, Inc.

More than a collection of poetry, ***This Love Within*** is an influential accumulation of the wisdom of an enlightened guide, condensed into pithy verses with lyrical flow. Shira's self-love journey, from fatherless daughter to trauma survivor to loving teacher, will inspire anyone who has endured pain and learned to embrace the process, trusting in the promise of a better future. Reading these poems is an act of self-care; the reflection exercises will activate an awareness of where you need healing, providing proven steps to move through your feelings and connect more fully in your relationships. Your life will be forever changed by reading these simple yet powerful words!



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*“Can you imagine a place where
you no longer seek love?
That place is Within.”*

— *Shira Bliss*



After 15 years of chronic pain, heartbreak and depression, **Shira Bliss** has overcome multiple challenges and is living her best life. Born and raised in the United Kingdom in 1959, she has gleaned decades of wisdom to impart. She is a certified reiki practitioner and herbalist. Known as the “Singing Poetess” she conducts sound healings to tune up the entire body’s energy systems. When Ms. Bliss isn’t planning tasty adventures for her San Diego Beer, Wine & Spirits Tours’ guests, she can be found in her kitchen dancing and cooking or sitting quietly in nature. Shira currently resides in her 250 sq. ft. tiny home in rural San Diego, CA.