



# Easy Breezy Prosperity: The Five Foundations for a More Joyful, Abundant Life

*Emmanuel Dagher*

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**Easy Breezy Prosperity: The Five Foundations for a More Joyful, Abundant Life** Emmanuel Dagher *Easy Breezy Prosperity* is a holistic guide to discover and nurture prosperity and align your life with your spiritual core. Author Emmanuel Dagher redefines what real prosperity means and offers you tactics to expand and enrich yourself well beyond financial goals. By examining how and why we treat money the way we do, Dagher shows you how to realize the success you have already created and cultivate the clarity needed to attract more of it in your daily life. Each chapter is designed to empower you, leaving you feeling optimistic not only about their working lives and finances, but also your entire life's path.

Dagher shares his own story and those of his clients and fans who have turned their lives around using his meditations, rituals, and exercises. He also includes an 28-day plan with simple yet effective daily practices you can use, such as:

- \* Expressing gratitude each morning for all that you have
- \* Cultivating a healthy relationship with money through "money healing" practices
- \* Seeking out opportunities to be of service through your time, energy, gifts, or abilities
- \* De-cluttering your space and mind to allow positivity to enter

These strategies allow you to take action, strengthen self-confidence, build a supportive network, and enjoy a more joyful, more abundant life.

## Easy Breezy Prosperity: The Five Foundations for a More Joyful, Abundant Life Details

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## **From Reader Review Easy Breezy Prosperity: The Five Foundations for a More Joyful, Abundant Life for online ebook**

### **Esme says**

I've read a lot of self-help and New Agey books, but even still, I wondered if this guy is actually sincere. By the end of the book, I decided he probably is. A lot of these techniques you can find in other books, but some of the approaches are new. It's a quick read.

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### **Gina says**

I received this book as a First Read. It's a quick read and offers good advice but doesn't really offer anything new in the self-improvement book genre. It offers the same tips that most books in this category do - figure out what makes you happy and do it. be grateful for what you have, slow down and enjoy the present moment, sleep more, smile more, be kinder, declutter, breathe, take time for yourself, relax, have fun, give, be generous, surround yourself would good people, etc.

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### **Vicky says**

Loved it. So many insights I took notes and added to my own journal.

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### **Jeremy says**

What a great book! I thought I was getting just a business book when I got this, but it's way more than that. After reading it, I have shifted my way of seeing the prosperity in my life, especially my finances. Within 2 weeks of reading this book, I sold my house that was on the market for over 1 1/2 years, and oh by the way it was about to go into foreclosure, because I couldn't pay for 2 mortgages anymore. We are closing in 1 week and I can now use the money from the house to take care of my family without worrying. I do believe that the teachings in this book helped turn things around for me quickly. Highly recommended.

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### **Sue says**

I received this book from Good Reads.

Fast read, holds one's interest. I have been reading "self help" books for over 30 years and admit that they DO help keep myself centered and on track.

Particularly, this book is well organized, step by step process. I highly recommend.

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## Michael says

This book is an inspiration! It has changed the way I feel and experience prosperity in my life. Super easy to read and follow with a fun and super effective 28 day prosperity that's fun and easy to follow. Highly recommended.

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## MK says

I've loved the energy calls I've heard from Emmanuel Dagher so I was predisposed to like this book. I like the conversational tone and the easy exercises at the end of each chapter. I'm still working up to doing the 30 day plan at the end of the book but that's on me, not the book. He's made it very simple to work on a gratitude mindset. Definitely one of the better books of this genre.

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## Marie Raymond says

### Fresh Take on Prosperity with Cross-Generational Appeal

I have read many prosperity books and purchased several programs from various authors and teachers over the years. At this point in my life, I think I have a pretty good grasp of prosperity principles and feel fairly confident in my knowledge of how to transform different areas of my life that I'd like to improve. I feel pretty prosperous!

However, every once in a while, a book will call to me for some reason, and this is one of those books. Reading it works on several levels, but basically, what I really enjoy about it is the combination of a simple, sound prosperity program, written in easily understandable English (non-technical, free of jargon, very well edited and formatted) and with words that are infused with a delightful, supportive energy that is palpable throughout the whole book. Just reading the words, one can feel the author's love and positive intentions towards the reader. I hope this isn't too "woo-woo" for you, but read it, and I think you'll know what I mean! There is a very powerful energy contained within the pages of Easy Breezy Prosperity.

The book covers five foundations to create a life of prosperity:

- (1) Finding Happiness
- (2) Embracing Circulation
- (3) Investing in Yourself and Creating Balance
- (4) Building a Support Network
- (5) Practicing Gratitude and Kindness

Each of these foundations is covered in its own chapter, with simple, well-explained exercises at the end that help you build up your own strong foundation in the five areas. Personal stories skillfully woven throughout the book provide extra support to the efficacy of the author's methods.

Following the Five Foundations is a 28-day program to, in the author's own words "get the ball rolling" and turn the exercises into natural habits. You are encouraged to follow the 28-day program at your own pace, following your own instincts.

Although I enjoy and appreciate many of the older prosperity classics (Think and Grow Rich, etc.), because

they were written in another era, the energy and the stodgy, outdated language sometimes doesn't feel quite right for NOW. And in general, the focus of these older titles tended to be on monetary success and business achievements. Easy Breezy Prosperity is about increasing prosperity in all facets of life, and gives many great examples and techniques to bring you to this "better space" for yourself. There is even solid advice on how to use Social Media to enhance your life, which is something fairly new to this genre.

With the publication of Easy Breezy Prosperity, I now have a wonderfully up-to-date high energy book that I can share with my both my nieces and nephews in their twenties, as well as with older people. When I say older, I mean...I am literally going to recommend this book to friends I have that are in their 60s, 70s and 80s! Sometimes I hear people in these older generations (and younger!) get stuck on everything "having to be a lot of work and effort in order to succeed"...and now, I can save my breath...I can just hand them this book! Beautiful! I have just saved myself time, which for me, is one area of prosperity I'm increasing.

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### **Christina Rahayu says**

Emmanuel writings are understandable, simple yet rich of knowledges inside. I love the way he shares about prosperity in the essence, from higher perspective based on his own experiences and his touching with his clients, in which others may see it only from the "outside".

Recommended, especially for those who have struggle with money, abundant life & happiness, also wish to be healed. This book will guide you to see from higher perspective with simple guidances to put in daily basis.

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### **Trina says**

Goodreads win. Will review once received.

This was an inspirational read. It was sweet and had some interesting things written in this book. It was a quick read with some good advice. I will admit I have never been a big fan of self help books, but this one was decent. The book was fun and easy to follow along with.

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### **Moira Shepard says**

Emmanuel shares his insights about prosperity with loving wisdom and relatable stories about himself and clients that show the power of the prosperity processes he suggests. This is a book for thos who actually want to increase their prosperity, rather than just read about. Like all great coaches, he provides action steps as well as fascinating perspectives on limiting beliefs held by many of us. Bravo and bless you, Emmanuel!

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### **Agnes Stanley says**

An amazing upbringing the author lived through to bring him to a place of service. He exudes magic. An easy read with simple, practical, and inspiring methods to creating prosperity and living an abundant life. The mantras and morning gratitude exercises will be a new ritual in my life.

### **Sarah says**

I've read better book that offer similar ideas.

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### **Irma says**

This book is filled with insights that I have never heard about when it comes to creating greater prosperity in one's life. My favorite chapter is titled "The Game Changer" and it offers a powerful new perspective on what money is, its purpose, and how we can shift our relationship with it so that we can experience more of it in our lives. I love how generous Emmanuel is with everything he offers to the reader in this book, and I have already started the 28 Day Prosperity Plan that is created for the reader to begin generating greater prosperity right away. 5 stars!

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### **Laura Luzzi says**

This book emphasizes that prosperity is much more than just money. It is an attitude towards life. The book is organized and has many good insights. The outline of the book makes it sound easy breezy, as in follow the instructions. Yes, that part is easy breezy. However, the commitment to the ideas in this book also entail work. You have to work on these ideas to make them stick.

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