



# How To Put The Wag Back Into Your Tail: The Art of Releasing Painful Feelings and Taking the Journey to Joy

*Cayenne Graves*

Download now

[Click here](#) if your download doesn't start automatically

# How To Put The Wag Back Into Your Tail: The Art of Releasing Painful Feelings and Taking the Journey to Joy

Cayenne Graves

## How To Put The Wag Back Into Your Tail: The Art of Releasing Painful Feelings and Taking the Journey to Joy Cayenne Graves

"An open and honest soul baring with the goal of helping us move from pain back to life-affirming joy. Graves takes a fresh look at a problem all of us must face: how to move from sorrow to meaning." Shawn Achor, author of *"The Happiness Advantage"*

Say goodbye to a life half lived, and start your own Journey to Joy. Nothing says "happiness" like the wagging of a dog's tail. But when was the last time you felt that kind of sustained joy? As a young woman vacationing on St. John in the U.S. Virgin Islands, author Cayenne Graves fell in love and married an island sage named Woody. The young couple bought a seaside parcel of land and laid the foundation for an idyllic family life. Yet the island dream was ripped apart the day Woody suffered a cardiac arrest, dying at the age of 33. Cayenne descended into a grief so deep that she experienced an alternate reality, with no awareness of her physical self. Landing in a place of deep peace inside herself was her first step on the long journey back from the deepest grief to a life of joy. "How to Put the Wag Back Into Your Tail" follows Cayenne and her dog Houndy on a courageous journey of self-determination and self-examination. Told with island stories of humor and hope, and a heartfelt series of twelve of her paintings depicting dogs as a metaphor for unconditional love, Cayenne shares her secrets for releasing painful emotions like grief, anxiety, stress, not 'feeling good enough' and loneliness. This book is filled with links to online guided meditations and transformative practices. We all long for a deep peace to take away our fear...fear that we can't handle any more tragedy or hurts, fear that causes us to close down to life and those around us. We ache to be comfortable with ourselves no matter what. This book shows us how to achieve that relief and peace of mind. Read this book and connect to your spiritual Soul-Self. Create a wellspring of inner happiness that no amount of hardship can run dry. Having trouble letting go of past hurts? Learn the keys to emotional mastery so that no painful emotion need ever have a lasting hold on you again. Plus, you will read about how to overcome the brain's negativity bias and create neural pathways for happiness. Cayenne offers helpful guidance on enhancing relationships as you gain an important new understanding of the electromagnetic field of the heart. Feel like you aren't good enough? You'll explore ways to liberate yourself from who you think you are, the insecurities, worries, self-doubts, self-judgments and fears. Through mindfulness techniques you'll enjoy a growing self-acceptance, compassion and loving-kindness toward yourself. Lost connection with your spiritual Soul-Self? Learn how to free your inner space from the riotous agitation of painful, negative emotions and directly experience inner peace of mind. Feel the joy of connecting to your inner Soul-Self through breath practices, mantra and meditations.

 [Download How To Put The Wag Back Into Your Tail: The Art of ...pdf](#)

 [Read Online How To Put The Wag Back Into Your Tail: The Art ...pdf](#)

## **Download and Read Free Online How To Put The Wag Back Into Your Tail: The Art of Releasing Painful Feelings and Taking the Journey to Joy Cayenne Graves**

---

### **From reader reviews:**

#### **Maria Gomez:**

Here thing why this specific How To Put The Wag Back Into Your Tail: The Art of Releasing Painful Feelings and Taking the Journey to Joy are different and trustworthy to be yours. First of all reading through a book is good nonetheless it depends in the content of it which is the content is as yummy as food or not. How To Put The Wag Back Into Your Tail: The Art of Releasing Painful Feelings and Taking the Journey to Joy giving you information deeper including different ways, you can find any publication out there but there is no guide that similar with How To Put The Wag Back Into Your Tail: The Art of Releasing Painful Feelings and Taking the Journey to Joy. It gives you thrill reading through journey, its open up your eyes about the thing which happened in the world which is perhaps can be happened around you. You can actually bring everywhere like in recreation area, café, or even in your means home by train. Should you be having difficulties in bringing the branded book maybe the form of How To Put The Wag Back Into Your Tail: The Art of Releasing Painful Feelings and Taking the Journey to Joy in e-book can be your choice.

#### **Victor Hubbard:**

This book untitled How To Put The Wag Back Into Your Tail: The Art of Releasing Painful Feelings and Taking the Journey to Joy to be one of several books this best seller in this year, here is because when you read this guide you can get a lot of benefit into it. You will easily to buy that book in the book shop or you can order it by means of online. The publisher on this book sells the e-book too. It makes you more readily to read this book, as you can read this book in your Cell phone. So there is no reason for your requirements to past this e-book from your list.

#### **Helen Albertson:**

Does one one of the book lovers? If so, do you ever feeling doubt when you are in the book store? Attempt to pick one book that you never know the inside because don't evaluate book by its handle may doesn't work is difficult job because you are frightened that the inside maybe not while fantastic as in the outside seem likes. Maybe you answer might be How To Put The Wag Back Into Your Tail: The Art of Releasing Painful Feelings and Taking the Journey to Joy why because the great cover that make you consider in regards to the content will not disappoint a person. The inside or content is definitely fantastic as the outside or maybe cover. Your reading sixth sense will directly assist you to pick up this book.

#### **Marianne Stromain:**

You may spend your free time to see this book this e-book. This How To Put The Wag Back Into Your Tail: The Art of Releasing Painful Feelings and Taking the Journey to Joy is simple to create you can read it in the park your car, in the beach, train in addition to soon. If you did not possess much space to bring the particular printed book, you can buy the e-book. It is make you easier to read it. You can save the actual book in your smart phone. Thus there are a lot of benefits that you will get when you buy this book.

**Download and Read Online How To Put The Wag Back Into Your Tail: The Art of Releasing Painful Feelings and Taking the Journey to Joy Cayenne Graves #A8ZPEG5XULO**

# **Read How To Put The Wag Back Into Your Tail: The Art of Releasing Painful Feelings and Taking the Journey to Joy by Cayenne Graves for online ebook**

How To Put The Wag Back Into Your Tail: The Art of Releasing Painful Feelings and Taking the Journey to Joy by Cayenne Graves Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read How To Put The Wag Back Into Your Tail: The Art of Releasing Painful Feelings and Taking the Journey to Joy by Cayenne Graves books to read online.

## **Online How To Put The Wag Back Into Your Tail: The Art of Releasing Painful Feelings and Taking the Journey to Joy by Cayenne Graves ebook PDF download**

**How To Put The Wag Back Into Your Tail: The Art of Releasing Painful Feelings and Taking the Journey to Joy by Cayenne Graves Doc**

**How To Put The Wag Back Into Your Tail: The Art of Releasing Painful Feelings and Taking the Journey to Joy by Cayenne Graves Mobipocket**

**How To Put The Wag Back Into Your Tail: The Art of Releasing Painful Feelings and Taking the Journey to Joy by Cayenne Graves EPub**