



Hop, Skip, Jump: 90 Ways to Playfully Manifest a Meaningful Life

Marney K. Makridakis

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Most of us view work and play as mutually exclusive opposites, but now you can blend them together in your new route to joy-filled success. The 75 techniques in this book will guide you to be more playful and productive as you move through three vital phases of the manifestation process: dreaming (Hop), experimenting (Skip), and taking action (Jump). Discover your Play Personality and learn how to use it to create more experiences in which work feels like play, and struggle gives way to momentum, ease, and joy.

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