



# I Am HAPPY

*Elena Vasilenka*

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## **I Am HAPPY** Elena Vasilenka

In her new book, "I AM HAPPY!," happiness expert and Naam Yoga instructor Elena Vasilenka shares the story of how she transformed her life from that of a successful New York City model privately suffering from manic depression, suicidal tendencies, obsessive-compulsive disorder, low self-esteem, binge eating and bipolar disorders, to a life of higher purpose and peace through the spiritual teachings of Naam Yoga. In 2010, she became a student of world-renowned yoga master and mystic Dr. Joseph Michael Levry, and embarked on a healing journey that led her to help thousands of others all over the world to overcome depression, anxiety, and many other self-sabotaging behaviors through her "Naam Yoga Therapies for Happiness" DVD program. Now she is sharing with the readers some of her favorite and time-proven Naam Yoga tools for positivity, happiness, which will lead to a life that is worth living. Those who follow this program will begin to discover their true selves, tapping into their unlimited potential, feeling happy, positive, optimistic and loving toward themselves and others. These simple practices will allow readers to shed any false beliefs they may have held them hostage to negative thinking and feelings of discontentment and unhappiness. Follow the ancient secrets revealed in this book, and watch your life transform for better in ways you never thought possible. From Elena: "My goal and life mission is to bring as much positivity and happiness to the world as possible through my work. I truly believe that we are all born to be happy, successful, loving and loved. No one can purify your mind from negative thinking except you. Each one of us must take personal responsibility for our own health and healing and look into the depths of our being to see where we are holding ourselves back. What I am sharing with you in this book are ancient practices relevant to modern times that bring happiness, health and freedom to be yourself as well as complete and unconditional self-love. They worked for me and I am confident they will work for you too."

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