



## Wokini: A Lakota Journey to Happiness and Self-Understanding

By Billy Mills, Nicholas Sparks



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"Wokini", translated from Lakota, means "seeking a new beginning" or "seeking a new vision". This book will teach you about yourself, show you what it means to be happy, and lead you on your own personal journey to feel more satisfied in your life. In Wokini, you will find the key to peace of mind and self-understanding. "Wokini" is a blend of modern therapeutic principles, positive thinking; self-awareness; and Native American beliefs in meditation, thought, dreams, and respect for the harmony and balance of nature.

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