



Belinda Farrell

Find Your  
Friggin'  
Joy

Discover Missing Links from Ancient  
Hawaiian Teachings to Clean the Plaque  
of your Soul and Reach Your Higher Self

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Belinda Farrell

“Belinda Farrell is a courageous woman sharing personal woes so that others may find strength in their own journey. She lights the path of hope, brightens the realm of despair and embraces the act of survival. Cal-Berkeley graduate, Mom, “Snow White,” almost CIA agent, stunt car driver, actor, writer, hot coal walker, Huna teacher, wild dolphin swim guide, she’s a New Millennia Renaissance woman offering good health and holistic healing. Her new book Find Your Friggin’Joy is not for the faint of heart, but a manual for those brave enough to confront their demons, face their feelings, and exalt their potential.”

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