



Hop, Skip, Jump: 75 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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