



The Answer is Simple

By Sonia Choquette

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, The Answer is Simple, Sonia Choquette, Sonia Choquette knows that people who genuinely succeed in life have a different way of going about things. In order to find peace and true happiness, you must get in touch with the spirit within and learn to love yourself. This is the key to living a fulfilled life. Sonia has observed thousands of people from virtually every walk of life - let her share her observations with you so that you get the most out of life's journey. In ten simple steps, Sonia will teach you how to: take great pleasure in life's everyday experiences; turn to a higher aspect of your nature - your spirit and find new direction as you listen to your heart's desire. This is a great step-by-step guide to opening up your fuller spiritual awareness - so let these tried- and- tested practices lead you to your true self, and a life that is alive with light and joy. Love yourself and live your spirit, and your life flows peacefully. It really is that simple.



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