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Lorian Press, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Showing Up: Practices for a Spirited Life explores thoughtful actions you can take to engage and develop your spiritual practice in a fresh way. Its energetic, gently challenging and creative activities are offered as starting points for shaping a personal practice and empowered attitude towards life. The workbook s twenty-six discovery practices emerge from the author s life experience and her study of...

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- Authored by Freya Secrest
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