



Moving Free: A Trail Guide for Your Ascending Journey (Paperback)

By Deb Vaughan Ritter

Balboa Press, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Inspired by her mother s final declaration that she must move free, Deb Vaughan Ritter embarked on a remarkable journey of awakening. She felt compelled to share what she had learned in order to illuminate others paths. Utilizing the metaphor of a challenging mountain hike, Deb fearlessly chronicles her trek and guides you on your own ascending journey with her poignant and humorous stories, original poetry and mantras, and sage advice. She encourages you to explore your life and integrate into it the mysteries of moving free. The grounded yet uplifting tenets in this book are accessible to all, whatever your age, stage in life, or belief system. Deb writes in a way that meets you where you are without judgment and urges you to move free right here, right now. As you join her on this trail, you will learn to navigate your challenges with courage and hope, ascend towards your personal peaks, and enjoy your daily hike. As you absorb these principles into your life, you ll gradually begin spiraling up toward the life, relationships, and career of your dreams. For...



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