



Something More: Excavating Your Authentic Self

By Ban Breathnach, Sarah, and McBain, Ed

Warner Books, Boston, Massachusetts, U.S.A., 1998. Hardcover. Book Condition: New. 352 pages.

Book Description: No matter how spectacular their lives may be, women today are plagued by the nagging feeling that there must be something more to happiness. And they're right. In this insightful and eloquent book, Sarah Ban Breathnach explores the nine stages necessary to living authentically: Sensing, Surviving, Settling, Stumbling, Selling Out, Starting Over, Searching, Striving, and finally, Something More. Through storytelling and interpretation, she leads women on a path to becoming Archaeologists of Themselves and helps them discover that something more was deep within them all along. By providing women with this knowledge, she offers readers a way to profoundly change their lives; forever. Simple Abundance (Warner, 1995) has sold over three million hardcover copies, and is a #1 Globe and Mail and New York Times bestseller. Sarah Ban Breathnach has appeared five times on Oprah, and her Journal of Gratitude has inspired a recurring segment. She has also been a guest on Dini, Good Morning America and The View, and has been featured in Time, People, and the Washington Post, as well as many other national publications. The author writes a regular column on everyday spirituality...

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