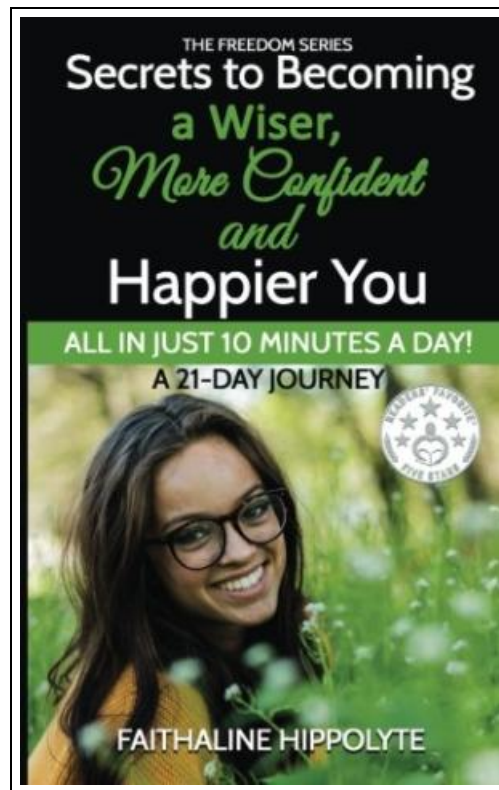


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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.DISCOVER: How to draw more meaning and a level of spirituality into your life, right where you are, and in spite of your busy schedule Time to Stop the Craziness For many of us, freedom is a constant struggle as we battle the assault of demands from our families, friends, workplaces and even ourselves. Drowning in our to-do lists, we go through life at breakneck speed, deep down suspecting that if we don't stop the craziness soon, we'll inevitably smash into something. We know that we need a kind of freedom. We long for some level of spirituality, of meaning, of sacredness in our lives. But we're too busy, and don't know where to start. We don't necessarily want another book from an expert, who will give us all the technical terms and theories. We don't want or need complicated; our lives and brains are quite full enough, thank you. And what's more, we really don't have the time to sift through a massive textbook-style tome to find the supposed golden nuggets hidden within its many pages. We just want something simple, practical, and that won't take a whole lot of time. Yet, something that is meaningful, and something that works. So what does it mean to become a Wiser, More Confident and Happier Me? Well first of all it means becoming myself, or my true self. And becoming myself means becoming conscious, or more conscious. Becoming conscious of what? Of the things that are happening in my life, and taking a little time to ponder on these circumstances, so that I can gain insight - insight into myself - my life. This...

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