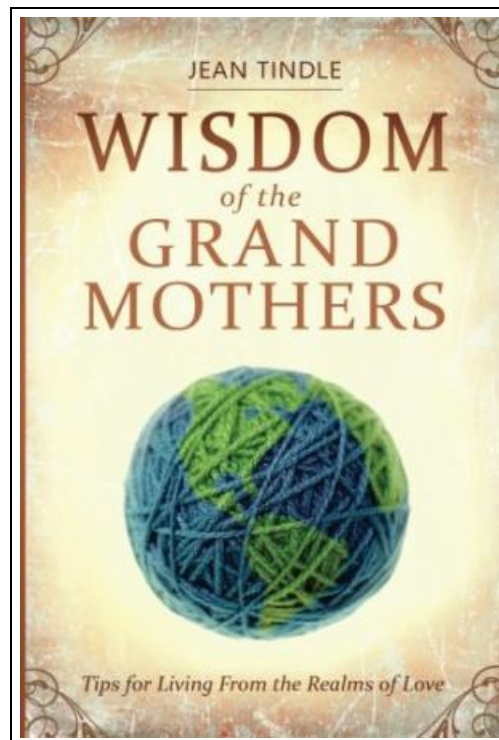


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Lifestyle Entrepreneurs Press, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. This book comes out of an exercise I was given in my women s circle -- to spend 5 minutes a day meditating with a photo of each of my grandmothers, asking them for guidance. As I sat with the spirits of these remarkable women each day, my pen moving rapidly across the page, they offered up their stories, wisdom and advice in the most loving way imaginable. Early on, I knew that something extraordinary was happening, and I also knew that their experiences and their guidance from beyond was something people everywhere could benefit from. In a unique diary format, I posed a question each day and received answers that helped me to redefine my life and my path. Foremost in my mind throughout this journey was the question, How can this benefit others? Through their own stories and through their wisdom from the realms of love in which they now dwell, they covered topics such as: Finding your own voice and using it Learning to love yourself just as you are right now Working to overcome resistance and procrastination Dealing with change and transition in a graceful way Manifesting your life from a place of power For those people who are in the process of no longer playing small this book is medicine for the soul. It contains the wisdom I wish I would have known and spoken throughout my life. It is the second chance for my grandmothers (and all women) to have their voices heard.



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