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The Secret Within: No-nonsense Spirituality for the Curious Soul

By Annemarie Postma

Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Secret Within: No-nonsense Spirituality for the Curious Soul, Annemarie Postma, Life coach and bestselling author Annemarie Postma shows us that self-development and living a spiritual life aren't as complicated as we tend to think. In her own no-nonsense style, always laced with her sharp sense of humour, she makes spirituality accessible to a wider audience; she helps us to understand that a spiritual lifestyle has nothing to do with escapism or floating on some mystical cloud, but that true spirituality is deeply rooted in our own humanity with both feet firmly planted on the ground. Annemarie explains that spiritual living is about changing your outlook - to allow yourself to embrace and fully experience life as it is. It is not about accomplishing things, more improving on, doing everything 'right' or attempting to live as a saint. We are not on this Earth to become spiritual; we are spiritual beings already and our purpose is to become well-rounded and complete human beings. With simple exercises and affirmations, she shows us a simple and practical way to live a genuinely spiritual and fulfilling life. 'Close your eyes in a quiet moment, open...



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Reviews

I just started out reading this ebook. We have read and so i am certain that i am going to gonna study yet again again in the future. I found out this book from my dad and i encouraged this publication to find out.

-- **Kristoffer Kuhic**

Basically no phrases to clarify. It really is rally fascinating throgh reading time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Anabel Zemlak**