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# THE FREE SPIRIT: SIMPLE JOYS FOR WISE LIVING

THE FREE SPIRIT  
Simple Joys for Wise Living



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Foreword by Zen Master Wu Kuang

Chintamani Books. Paperback. Book Condition: New. Paperback. 168 pages. Dimensions: 10.0in. x 7.0in. x 0.4in. The Free Spirit: Simple Joys for Wise Living is a handbook for self-discovery. Playful yet profound, the book touches on simple ways to be happy, including self-care, transformational thinking, emotional healing, relationship success, empowered communication, and spiritual awakening. Like any true teacher, the book doesn't answer all of life's questions. It encourages the seeker to look within, to that most trustworthy guide—the free spirit. Through simple...

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