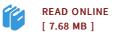




Wake Up Now (Paperback)

By Stephan Bodian

McGraw-Hill Education - Europe, United States, 2010. Paperback. Condition: New. 2nd Revised edition. Language: English . Brand New Book. Live a life of peace, love, and happiness through spiritual awakening In Wake Up Now, author Stephan Bodian--nationally recognized expert on meditation and spirituality and former editor-in-chief of Yoga Journal--reveals that spiritual awakening is not some faraway dream, or overly complicated to achieve, but an ever-present reality that is always available here and now. Based on his own experience and over 30 years of teaching the direct approach to spiritual awakening, Bodian has broken down the awakening process into five overlapping, loosely sequential stages: seeking, awakening, deepening and clarifying, embodying, and living the awakened life. Wake Up Now guides you through every stage of the journey, from the process of seeking through the often prolonged and challenging process of integrating the awakening into everyday life. This book is one of the most concise guides to spiritual awakening as only someone who has walked the walk themselves can do. The clarity and compassion this book offers the sincere spiritual seeker is both rare and welcome. --Adyashanti,...



Reviews

Very useful to any or all group of men and women. It is writter in basic words instead of difficult to understand. I realized this ebook from my i and dad recommended this publication to understand.

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HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 132 mm. Language: English . Brand New Book. Compelling. . . . A must-read for all women. Lee Woodruff, New York Times bestselling author of Perfectly Imperfect: A Life...

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Dog on It! - Everything You Need to Know about Life Is Right There at Your Feet 14 Hands Press, United States, 2013. Paperback. Book Condition: New. 198 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****. Have you ever told a little white lie? Or maybe a bigger one that wasn t even white?...

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Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselues By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1624-1625)

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