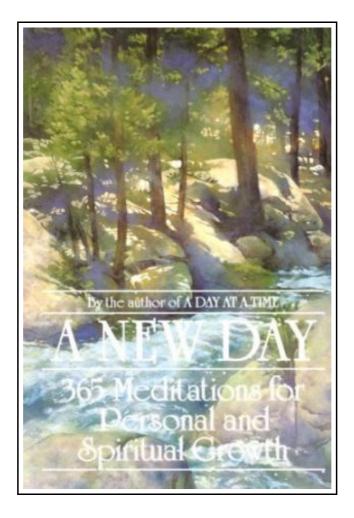
# A New Day: 365 Meditations for Personal and Spiritual Growth



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### Reviews

Extensive guide! Its such a very good read. I really could comprehended almost everything out of this created e ebook. You will like how the writer write this ebook. (Katherine Feil)

### A NEW DAY: 365 MEDITATIONS FOR PERSONAL AND SPIRITUAL GROWTH



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Bantam. Paperback. Book Condition: New. Paperback. 384 pages. Dimensions: 6.0in. x 4.0in. x 1.1in.Hope is like the sun, which, as we journeytoward it, casts the shadow of our burden behindus. --Samuel Smiles. In 365daily meditations, here is spiritual andpsychological guidance through the interior struggles weface every day. Drawn from the authors ownpersonal growth over the last decade, each page of A New Day addresses a specificstruggle--overcoming fear, compulsion, obsessivelove, addiction--and offers practical advice thatwill set you on the path to self-improvement. Ineach daily meditation the author uses a quote froma wide range of inspirational sources--from KahilGibran and Thomas Merton to Emily Dickinson andErich From-m-to crystallize insights for thereader. Thoughts for a new day. Onself-confidence: Never bend you head, alwayshold it high. Look the world straight in theface. --Helen Keller. On peace of mind: When we are unable to find tranquillity withinourselves it is useless to seek itelsewhere. --Duc de La Rochefoucauld. Onadversity: Adversity introduces a man tohimself. --Anonymous. Liveeach day as if your life had justbegun. --Goethe. For anyone who seeks ahealthier, more satisfying life, here is a book ofinvaluable wisdom that will help you rediscoveryour life day by day. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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