



The Infinite Puzzle (108 Pieces)

By Lindsay Samuels

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Infinite Puzzle (108 Pieces) is a collection of inspirational writings, meditations, and poetry. Short studies highlight words with interesting etymologies. Personal anecdotes detail the experiences and practices that helped the author to make great strides in overcoming anxiety and depression. Many of the 108 Pieces may be shared as readings for yoga and meditation classes. Balancing creativity and practicality, this interactive book will provide opportunities for reflection and meditation, as well as prompts for personal practice and development. Inside, one will encounter stories about travel, adventure, overcoming obstacles, learning to be happy and fearless, and experiencing the freedom ever-available to us all.



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