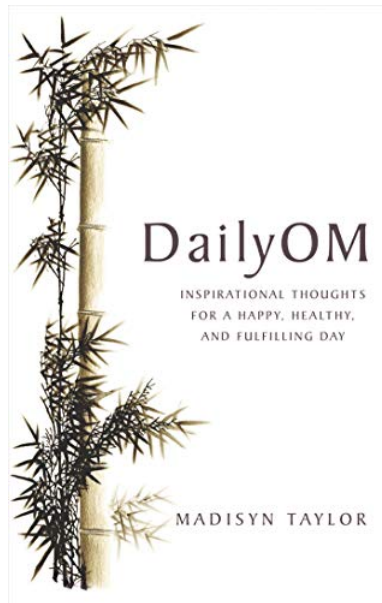


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This inspirational book delivers messages of healing, awareness, and well-being. A companion to the popular DailyOM Website, it is a valuable guide that will enable you to find balance and wellness through conscious awareness. As you read these passages, which touch on topics including meditation, relationships, nature, and more, you'll see that they'll make the journey of your life much more meaningful. The gentle and affirming wisdom contained within these pages is intended to make each of your days a little happier, less stressful, and more satisfying. It will introduce you to elements of Mother Nature's majesty that you may never have noticed before, guide you as you discover the inward peace you've longed for, and inspire you to embrace change in every corner of your existence. As you open your mind to the possibilities contained within, you'll discover that the power to create a fulfilling and more purposeful life was in you all along.

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