



The 7 Ahas of Highly Enlightened Souls: How to Free Yourself from All Forms of Stress

By Mike George

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, The 7 Ahas of Highly Enlightened Souls: How to Free Yourself from All Forms of Stress, Mike George, The AHA moment, or the eureka experience, is a moment of profound insight into our own lives which we can all reach. It usually happens when we stop mentally struggling, when we're open to new ways of seeing, and it can change your life and the lives of others. In section one of this book, Mike George deals with seven myths about the stresses and problems of life, showing that we are responsible for ourselves. In section two he provides seven essential insights into your self, and in section three he gives seven moments of action and transformation.



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