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## Finding Your Way in a Wild New World: Reclaim Your True Nature to Create the Life You Want

By Martha Beck

HIGHBRIDGE AUDIO, United States, 2011. CD-Audio. Book Condition: New. Unabridged. 150 x 130 mm. Language: English . Brand New. Many people feel called to help others and change the world, but they just don't know how to fulfill their potential. They have the creativity and passion, but often get lost, not knowing how to direct their energies. Now, popular life coach Martha Beck shows how readers can find their calling in service and healing while realizing their destiny. With a sparkling, compassionate, and often irreverent style, Beck draws from a combination of ancient wisdom and modern science to help readers consciously embrace vital skills that may be embedded in our DNA and are now made accessible again. Beck shows how to put together an inner team and an external tribe of people with the same aims and outlines four simple Steps for Transformation: Wordlessness, Oneness, Imagination, and Creation. With step-by-step instructions and guided reflections, Martha shows readers how to drop into the wordless state of communion with nature and self, how to connect with the oneness between self and the universe, how to be empowered by the spark of inspiration, and finally, how to take action and realize their...



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