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HigherSelfie: Wake Up Your Life. Free Your Soul. Find Your Tribe.

By Jo Westwood, Lucy Sheridan

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, #HigherSelfie: Wake Up Your Life. Free Your Soul. Find Your Tribe., Jo Westwood, Lucy Sheridan, There is a cosmic alarm clock going off around the world! #HigherSelfie's aim is to unite all those waking up spiritually in this digital age. This book is a guide to love, connection and kickass surrendered action for young people who have at least a toe in the door of spirituality. With a no-nonsense approach and full of wit and humour, this book shares age-old concepts in a language that is accessible to the modern spiritual audience. Whether you have just bought a yoga mat or have been meditating for years, this book will offer you guidance and support, whatever stage of the journey you're at. Life coaches Jo Westwood and Lucy Sheridan touch upon timeless topics such as forgiveness, surrender and the ego, as well as subjects specific to the current age, such as using social media in a healthy way, finding a like-minded tribe and following your own spiritual and life paths without comparing yourself to others. Whether you're a Reiki master, climbing the corporate ladder or working in a garden centre in...



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