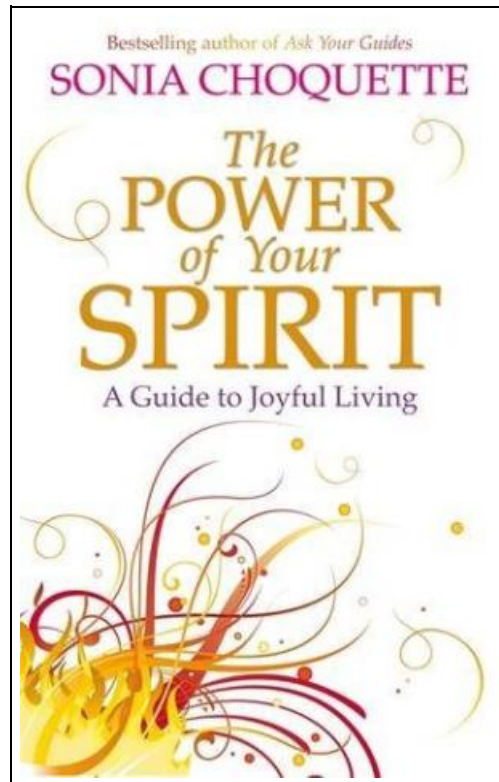


## The Power of Your Spirit: A Guide to Joyful Living



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Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, The Power of Your Spirit: A Guide to Joyful Living, Sonia Choquette, Our connection to Spirit is one of the most significant lifelong relationships, but we often neglect it. We want to face our challenges and disappointment with grace; be creative and inspired; and live fearlessly through an intuitive, guiding wisdom. We want to love and feel loved, and realise genuine peace - but as much as we long to know our Divine selves, we're still not making the commitment that will ensure our success. This book will offer you practical tools to access Spirit and take your experience to the next level. "The Power of Your Spirit" sets out a deep, intentional daily practice that lets you understand Spirit, but more importantly, directly experience it. When you truly make this connection, you'll realise that it's the most authentic, lasting power you have in your life. In this enlightening book, spiritual teacher Sonia Choquette will show you that even though you can't control the outside world, with the power of your Spirit, you can create a sense of purpose within that brings about profound contentment and personal peace - no matter what is going on around you.

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