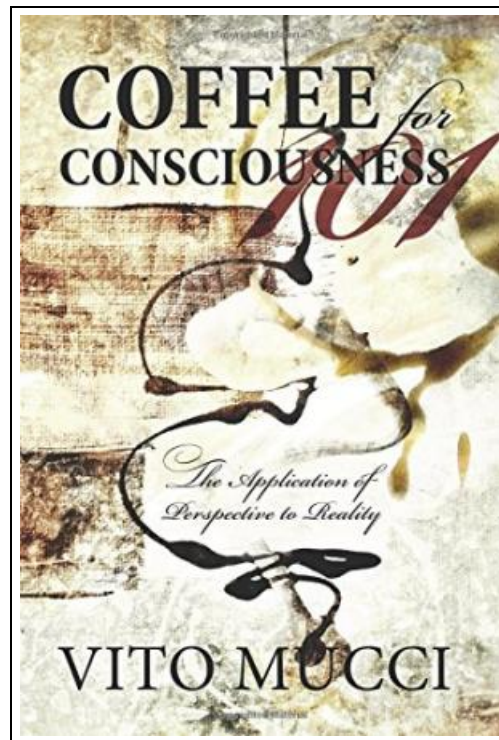


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Vito Mucci. Paperback. Condition: New. 554 pages. Dimensions: 9.0in. x 6.0in. x 1.2in. Live in the Now. Don't worry, be happy. Follow your bliss. These catch-phrase imperatives confront us on a daily basis, but so few of us seem to know how to do any of those things. If you've repeatedly tried and failed to manifest your better self or a more resonant life, you might be saying, You know, it's not that easy. Coffee for Consciousness 101 is the instruction book you've been waiting for—because you're right; it's not easy. Finding yourself takes work, and sharing yourself with the world in love takes even more work. . . but the rewards are amazing. Our longstanding unhelpful definition of risk and reward is just one of the concepts that author Vito Mucci deconstructs with compassion, humor, and a deep understanding of the ways in which our beliefs about ourselves and the world get in the way of achieving conscious presence in the world, and consciously evolving relationships with ourselves and others. Our beliefs and ideas are the lenses through which we look at the world; this book gives you the idea of Perspectives, a new set of lenses that change what you see, and consequently, who you can be. Rooted in the author's decades of experience in managing his PTSD and addictions through careful cultivation and alteration of consciousness, Coffee for Consciousness 101 is a fascinating, joyful, and deeply practical exploration of how to read the road map to positive change and greater presence. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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