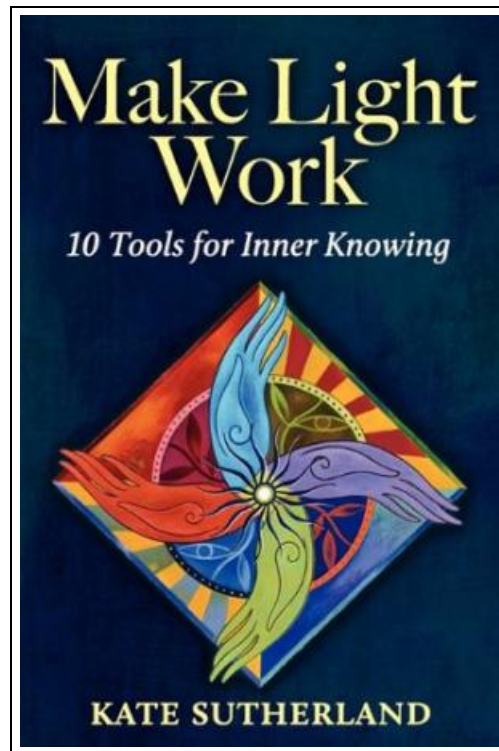


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Incite Press, Canada, 2010. Paperback. Book Condition: New. 198 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.Make Light Work This gem of a book introduces simple ways to find your own answers. It includes ten tools for doing inner work . The tools are a kind of internal GPS that helps you navigate through life. Are you sometimes overwhelmed by what s on your plate? Do you struggle with making decisions or setting priorities? Do you feel your life is somehow off track? In 1990, author Kate Sutherland was burnt out, bruised and confused. A book from a friend inspired her to visit the Findhorn Foundation in northern Scotland where she learned about inner work: ways of working based in intuition, perception, intention and consciousness. For over 20 years, inner work has enriched and transformed Kate s life, from her successful consulting practice and 18-year marriage, to her ongoing sense of meaning and purpose. Inner work tools help with little things too, like: How to deal with the person who drives you crazy What food options are best for you or your family Even how to navigate home when an accident snarls traffic The book introduces each tool through a brief personal story, a step by step exercise, and commentaries on finer points and possible pitfalls. Also included is a chapter on integrating the tools into daily life. How revolutionary would it be to find your own answers any time you are confused, overwhelmed, or simply seeking greater clarity?.

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