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## The Inner Path of Light

By Kim Michaels

More to Life Publishing. Paperback. Book Condition: New. Paperback. 302 pages. Dimensions: 7.9in. x 5.3in. x 0.4in. Are you looking for an introduction to self-help that can be read and understood by anyone--even people with a rational, materialistic outlook on life? If so, this book offers a universal approach to personal growth that will help you understand how it is possible to systematically improve your life. The ideas are easy to understand, the language is clear and the tone is so neutral that virtually anyone can read it without being offended. The book begins by describing the eight pillars to personal progress, which includes understanding the Equation of Life. The next section outlines a new world view based on the scientific reality that everything is made from energy. The book then explains why no approach to self-help can produce the desired results unless you understand the role of mental and emotional energy and how you can neutralize its limiting effects on your life. You are literally surrounded by toxic energies that are the mental and emotional equivalent of airborne viruses. You will learn how to build a personal defense against these toxic energies, so you can be at peace in your own...



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