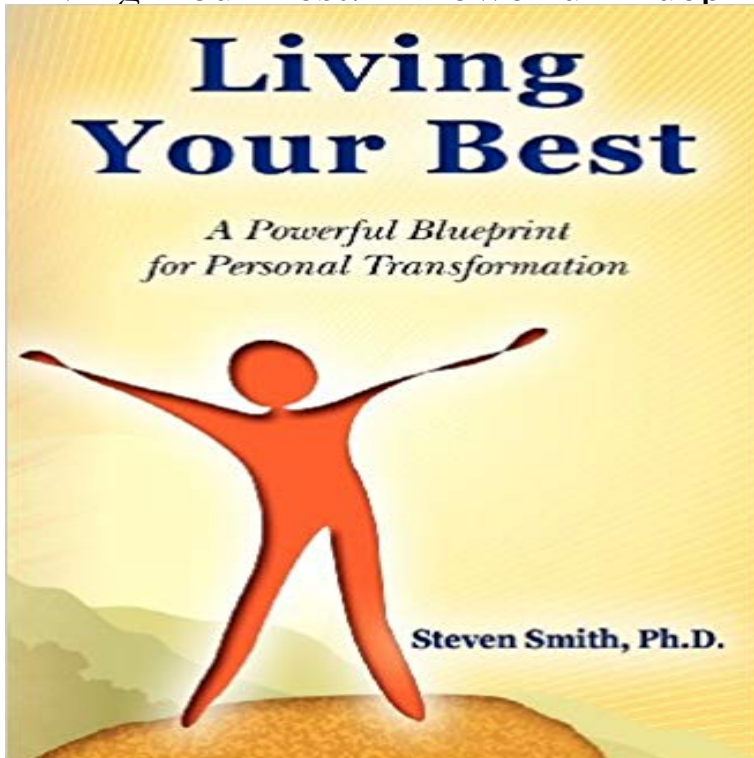


Living Your Best: A Powerful Blueprint for Personal Transformation



Living Your Best is a remarkable blueprint for a life of greater happiness and well-being. Grounded in ageless wisdom, it is based on five core principles that align our human self with the highest within us, transforming our thoughts and behavior so we are consistently at our best. The Five Principles are universal in their application and are equally effective in work, family, and school settings. What makes this book truly unique is the rich set of practical tools specifically designed to help integrate these powerful principles so that we are able to live them. Based on the premise that we are spiritual beings having a human experience, the author provides an illuminating pathway for expressing the love we are through our humanity.

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