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Make Light Work: 10 Tools for Inner Knowing

By Kate R Sutherland

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...



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Reviews

Thorough information! Its this sort of good read. It is actually written in straightforward words rather than confusing. I am just delighted to let you know that this is basically the best book we have read within my personal existence and can be the greatest pdf for actually.

-- **Dr. Henri Crona II**

Very beneficial to all of category of folks. We have read through and i am sure that i will going to read once again once again in the future. Your daily life span will probably be change when you full reading this pdf.

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