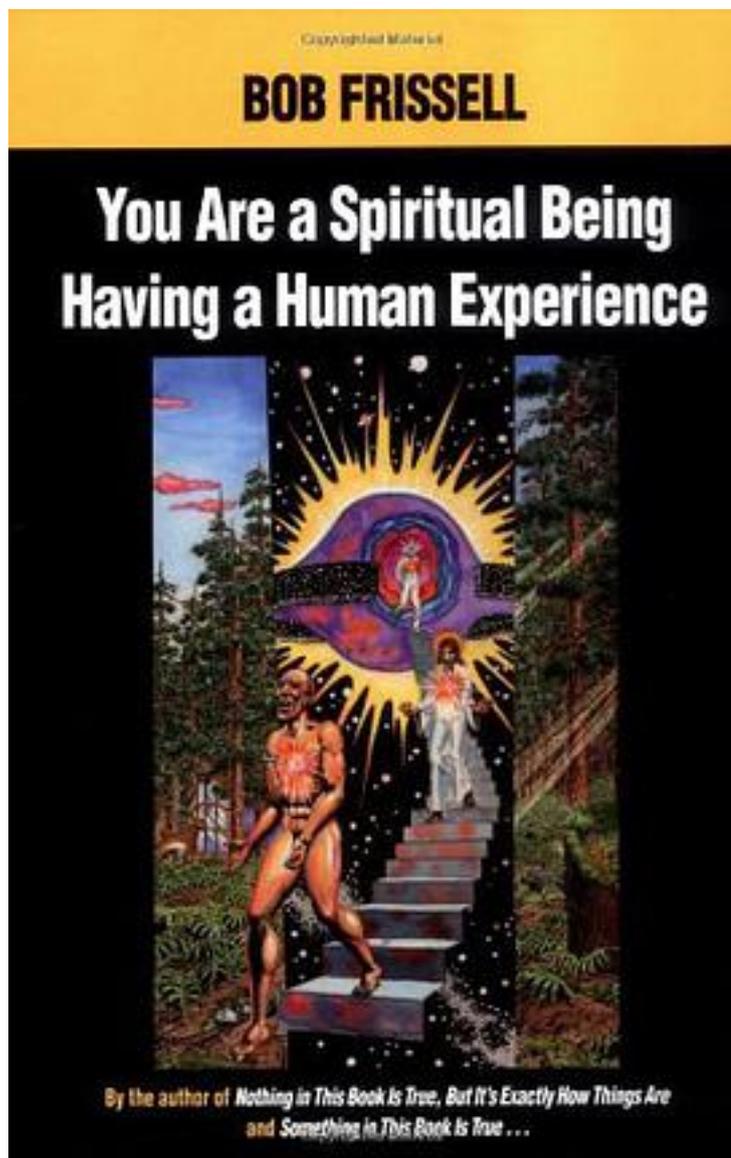


# You Are a Spiritual Being Having a Human Experience



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Too many people allow themselves to be limited by their ideas about themselves and the world around them. Bob Frissell reminds readers that they create their own reality through their consciousness and that improving this reality and living a fuller life is simply a matter of broadening one's perspectives. In this book, he shows people how to reconnect with their multidimensional selves and remake their lives.

作者介绍:

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