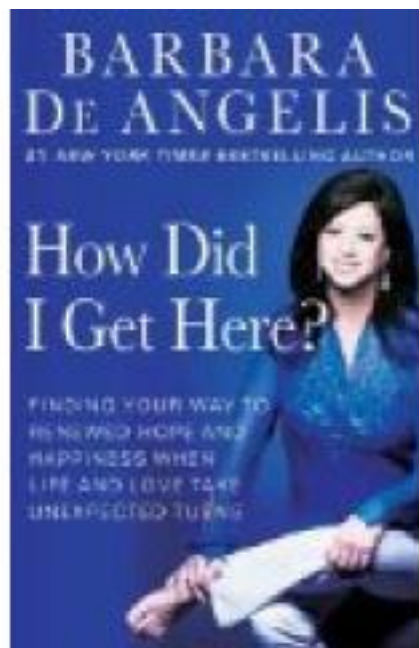


How Did I Get Here?



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著者:Barbara De Angelis

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All of us find ourselves, at one time or another facing the unexpected and asking "How did I get here?" Whether because of disappointments in love, crises in health, family or finances, professional dissatisfaction, or events beyond your control, life doesn't look like you expected or intended it to. HOW DID I GET HERE? is a groundbreaking inspirational handbook for anyone of any age going through change, challenge or reevaluation in any aspect of their lives. It is about finding your way to renewed hope and happiness from wherever you are. Renowned transformational teacher Barbara De Angelis masterfully guides you through an understanding of your own life lessons, and teaches you how to successfully use whatever you're going through as a springboard for regeneration and rebirth. We live in turbulent times of profound change, and many of us find ourselves at emotional and

spiritual crossroads. HOW DID I GET HERE? offers illuminating teachings and practical, innovative techniques that free you to move forward into a life of renewed optimism, true contentment and courageous awakening. With her remarkable blend of timeless wisdom, practical techniques and down-to-earth advice, Barbara De Angelis helps you to: *Recognize and understand the significant transitions, turning points, and wake-up calls on your path *Transform fear into courage, confusion and into vision, and self-doubt into confidence *Turn what appear to be dead ends into doorways *Reclaim your passion and purpose for living and loving *Discover freedom, fulfillment and authenticity from the inside out Written with Barbara De Angelis trademark eloquence, honesty and compassion, and containing the treasures of her own thirty-five year quest for enlightenment, HOW DID I GET HERE is a more than uplifting, intimate and moving--it is a true transformational manual for achieving emotional and spiritual rebirth that will change your life.

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