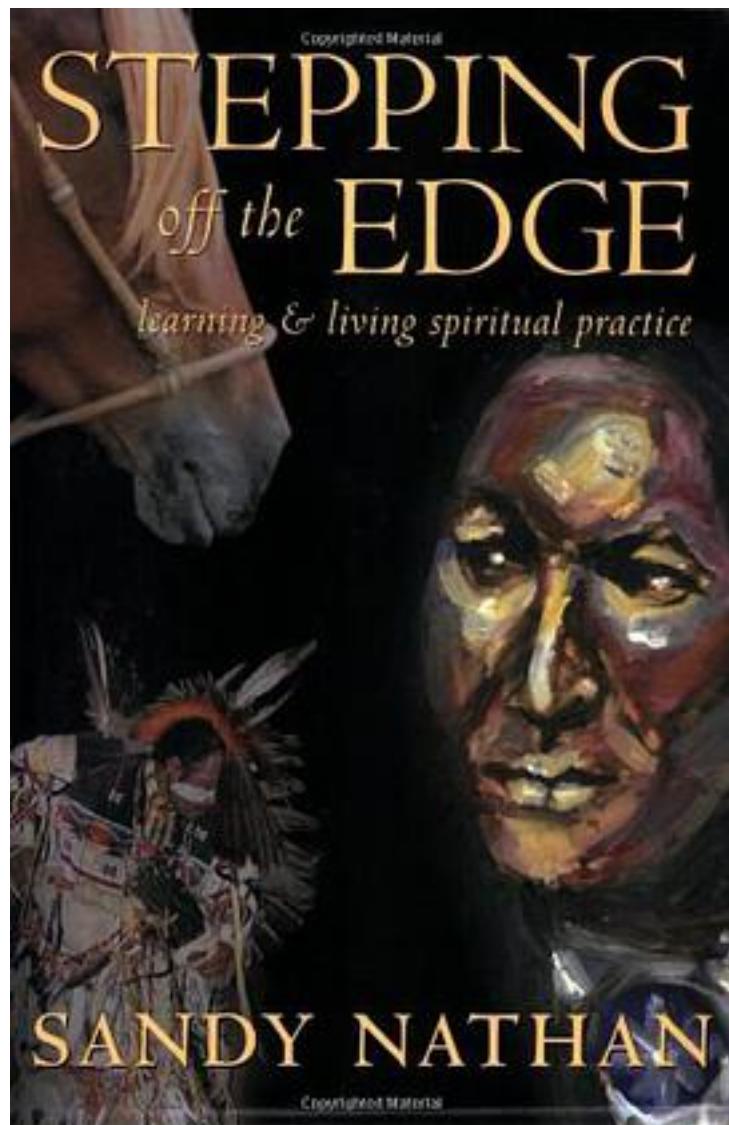


# Stepping Off the Edge



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Stepping Off the Edge is alive with information and inspiration. It is a book about doing. It's more than a book that describes chocolate cake or even one that tells you how to make chocolate cake. It is a book that gets your mouth watering for chocolate cake and then lets you loose in the kitchen stocked with recipes and everything you need to make your own chocolate cake. With fudge frosting. And chocolate chips if you want them. In this fascinating narrative you will encounter the basics of prayer, meditation, worship, spiritual retreat, and how a life can become dedicated to the pursuit of experiencing the divine. You will even find how to domesticate your mind and make it an ally in your quest for inner knowledge. It is said that the path to self-awareness is a solitary one. Stepping off the Edge opens you to the possibility that it can be fun, challenging and rewarding.

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