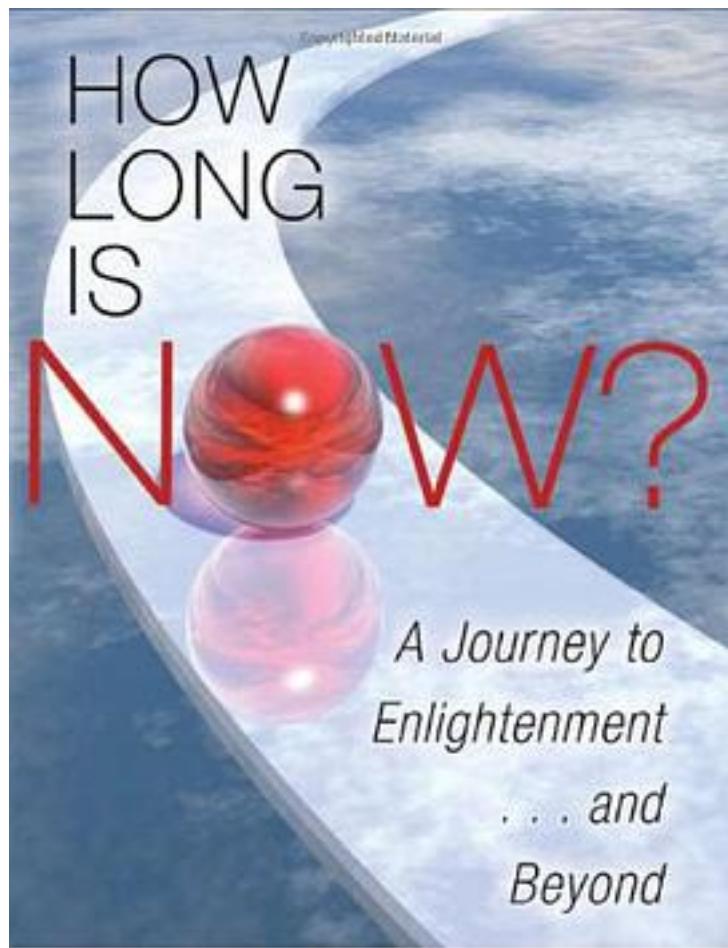


How Long Is Now?



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著者:Freke, Timothy

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In this unique and exhilarating book, standup philosopher Tim Freke shows you how to be spiritually awake in the perpetual now, while also passionately engaging with the adventure of life. Tim shares his own amazing journey to the ecstasy of oneness and the bliss of big love, inviting you to explore the "real world" of meaning, miracles, and magic. He offers astonishing insights and powerful wake-up techniques, clarifies common misunderstandings about what it is to be "spiritual," and presents an extraordinary new understanding of death and immortality. Full of warmth, laughter, tears, vitality, and style, this book is a breathtaking "tour de force" that will help you appreciate the mystery of the moment and enjoy the time of your life. **WAKING UP WON'T WAIT**

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