

101 Exercises For The Soul Simple Practices For A Healthy Body Mind And Spirit

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□101 Exercises for the Soul on Apple Books

In 101 EXERCISES FOR THE SOUL he offers simple exercises for the soul, a divine plan for healing yourself and transforming your life. Here's a sampling of the guidance and wisdom he lovingly offers: Exercise 38 Take a Bath : Maximize Your Relaxation Time Taking time to relax is one of the best self-care methods I know.

DailyOM - 101 Exercises for the Soul: Simple Practices for ...

INTRODUCTIONMost of us know how important it is to exercise ourbodies, but how often do we exercise our souls? It is easy to get lost in our daily routines...

101 exercises-for-the-soul

His latest book is 101 Exercises for the Soul: A Divine Workout Plan for Body, Mind, and Spirit and is chock full of creative ways to exercise your spiritual muscles. Siegel offers five exercises in each of 20 chapters for a total of 100, with the 101st as a "final exam."

101 Exercises for the Soul by Bernie Siegel - explorefaith

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