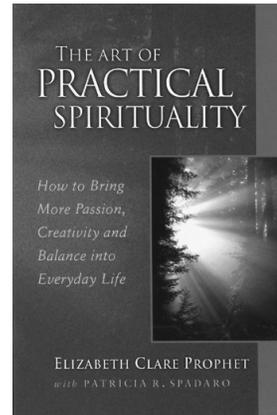


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## *The Art of Practical Spirituality*

How to:

- Bring more passion, balance, and creativity into each day
- Live in the here and now
- Stay in tune with Spirit
- Listen to the still small voice within



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