



## Expanding Horizons: Growth and Beyond (Paperback)

By Jaie Hart

Lulu.com, United Kingdom, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Expanding Horizons begins where Changing Perspectives left off.expanding on the concepts previously shared along with adding a few new tools and suggestions. Expanding Horizons is for the spiritual traveler seeking to learn about his or her path in life, the things to look for, the tools to assist on the journey and the perspectives to open your mind to hold that will hopefully enrich the spiritual seeker's journey. So many embrace a spiritual path in the absence of a specific teacher other than the tools one possesses within one's self. This book is a guide for such souls interested in learning how to listen to their bodies, listen to their hearts and to pay attention to the lesson plans all around them as they make their way through their lives. Keeping the mind and heart open for life's amazing experiences is the message of Expanding Horizons. Where the heart and mind are open, great understanding of life will come.



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