



A Year of Living Consciously

By Gay Hendricks

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, A Year of Living Consciously, Gay Hendricks, Embrace Each Day We all want to live authentic, self-aware, and successful lives. How do we go about it? Where do we begin? In a daily map full of wisdom, inspirational quotes, and transformational exercises, bestselling author and psychotherapist Gay Hendricks sets us on a fantastic journey to personal and relationship success. In bite-size portions, Hendricks encourages understanding, self-awareness, and honesty—all vital elements in a conscious life. "A Year of Living Consciously" teaches us to relish the journey that results in greater self-esteem and emotional literacy, achievements that can only come from leading an examined life. Quotes from historical and literary figures reinforce the timeless importance of honesty and self-knowledge. By helping us see, comprehend, and ultimately embrace the secrets we often hide from ourselves. "A Year of Living Consciously" brings us into accord to create clearer understanding, genuine change, and self-realization.



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