



It's About You!: Know Your Self: Book 1

By Chris Johnson

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, It's About You!: Know Your Self: Book 1, Chris Johnson, It's About You! Know Your Self is the first of a trilogy that integrates some of the most profound teachings from science, metaphysics, psychology, philosophy and spirituality into a set of experiential workbooks. The primary aim of the trilogy is to awaken the reader to their own personal intent and in so doing clarify the purpose of their life. Such knowledge equips us with the means to better manage those key areas within our lives health, relationships, occupation and abundance and begin living a more joyful existence.

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