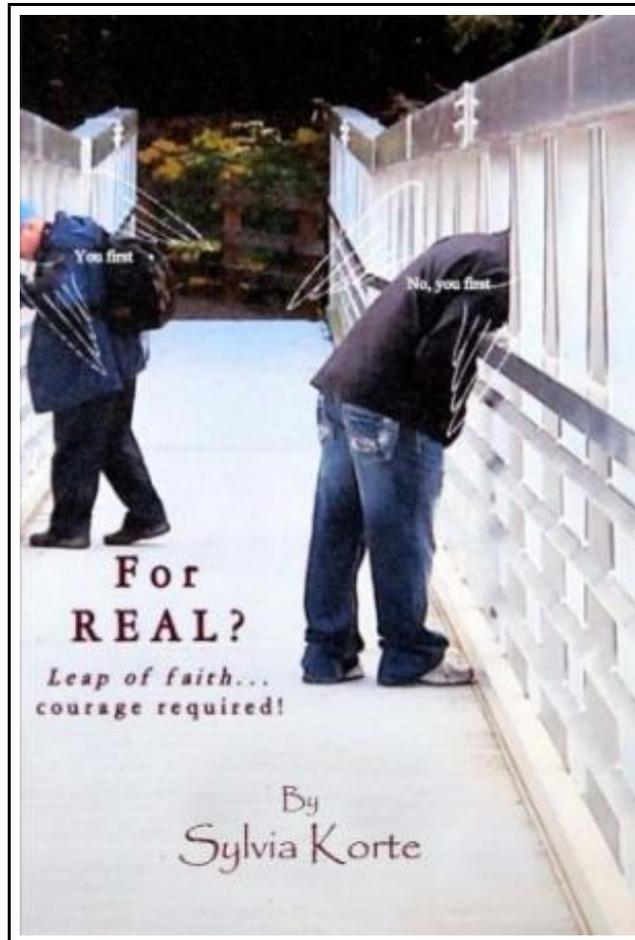


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Createspace, United States, 2015. Paperback. Book Condition: New. Kristina Opegard, Sylvia Korte (illustrator). 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. For Real is a delightful read filled with thought-provoking questions and gentle nudges to spur your self-awareness and evolve your life. Calling upon my personal experiences as an Intuitive, Artist, Hypnotherapist, Energy Medicine Practitioner, Spiritual Sojourner, I have created this delightful, uplifting, inspiring book to touch your soul and reawaken you to the wisdom of your intuition and Creative Feminine Spirit. It is my hope that the wonderful illustrations and eloquent simplicity will invite you into deeper levels of self-awareness with gentle humor and charm. A light but impactful read, you find yourself enjoying this book over and over again. It is my observation that no matter how well we appear to be doing in life, there is quite often an area of it in which we are unfulfilled, unhappy, or uncertain about, or where we have fallen and are struggling to get up. Sometimes it feels like something is missing in spite of all that we may have achieved (or accumulated). We seem to distract ourselves from the discomfort of this unease by creating an armor of justifications that defend the very patterns and beliefs which create the unease that we feel. Quite often, we distract ourselves by focusing our attention on helping others create more fulfilling lives. In essence, we focus our attention outside of ourselves instead of inward. It seems to be a pattern that we repeat often. It is a pattern I have repeated often. In my own life, it seems to have been easier to champion for others than for myself. Through the years, it has become easier to champion for myself as I have come to...



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