



Simple Changes

Robert J. Wicks

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Simple Changes offers ways to discover new freedom in your life through a gentle step-by-step approach to integrating contemporary psychology with classic spiritual wisdom. Chapters are conversational in tone such as "Sweet Disgust" (When being fed up is good), "Making Time to Change" (So we don't continue to just fill our life with mindless activities), "A Little Effort" (Not magic or too much work) and so on.

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