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I AM ENOUGH - I AM Perfect - I AM Worthy of ALL I Desire - Affirmations

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Thomas Moore is the renowned author of *Care of the Soul*, the classic #1 New York Times bestseller. In *Ageless Soul*, Moore reveals a fresh, uplifting, and inspiring path toward aging, one that need not be feared, but rather embraced and cherished. In Moore's view, aging is the process by which one becomes a more distinctive, complex, fulfilled, loving, and connected person.

Ageless Soul: The Lifelong Journey Toward Meaning and Joy ...

'With *Ageless Soul*, Thomas Moore extends a magnificent invitation to reflect, grow up with joy and intention, and give back with an open heart. Accept and pleasure follows.' -- Marc Freedman, founder and CEO of Encore.org and author of *The Big Shift* 'In this profound and moving meditation upon aging, Thomas Moore offers us the keys to living well. Anyone facing the second half of life can gain from this lovely book a measure of wisdom and serenity.'

Ageless Soul by Thomas Moore | Waterstones

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