

## The 7 Ahas Of Highly Enlightened Souls How To Free Yourself From All Forms Of Stress

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This book provides the reader with a lot of everyday wisdom to be happy, peaceful, and loving. The book is divided into three sections: (1) Illusion and myth; the seven prevailing myths about stress; (2 ) Wisdom and truth, the seven essential insights into your self; and (3) Action and transformation, the seven AHAs of highly enlightened souls.

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The 7 Ahas of Highly Enlightened Souls: How to Free ...

The 7 Ahaâ€™s of Highly Enlightened Souls tells us that change isnâ€™t about doing it â€™s about being. It states that the only real way to change is to look within and make efforts in self-knowledge and self-understanding. These explorations will lead to true growth and happiness.

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Mike George is the author of Learn to Relax (3.62 avg rating, 115 ratings, 12 reviews, published 1998), The 7 Ahas of Highly Enlightened Souls (4.17 avg ...

Mike George (Author of The 7 Ahas of Highly Enlightened Souls)

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The 7 Ahas of Highly Enlightened Souls Summary The 7 Ahas of Highly Enlightened Souls: How to Free Yourself from All Forms of Stress by Mike George The AHA moment, or the eureka experience, is a moment of profound insight into our own lives which we can all reach.

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The 7AHA's Of Highly Enlightened Souls For anyone who has read Mike ' s books before, they will know that he doesn ' t beat around the bush. He comes straight to the point – mainly that all of our thoughts are there by choice – and challenges us to take full responsibility for these thoughts and the feelings that arise from them, instead of blaming other people and situations.