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Compose Your Soul: How to Turn Your Daily Chaos Into Calm Control PDF



by Angela M Nuttle : **Compose Your Soul: How to Turn Your Daily Chaos Into Calm Control**

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Description :

PDF-0ff9c | What's the most common three-word response to, "How are you doing?" Answer: "I'm so busy!" A big sigh follows, along with a list of 37 tasks that must be accomplished by the end of the day. Sound familiar? You look for the freedom to live meaningfully in a state of peaceful, calm composure— and you want to do it your way. You have visions of quitting your job, living on the beach,...

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