



ABC's of Turning Dark Nights into Sunny Days: a guide to finding your way through crisis

Terra Mar

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ABC's of Turning Dark Nights into Sunny Days: a guide to finding your way through crisis Terra Mar
Terra Mar came through her own dark nights with mind, body and spirit strengthened and a deep sense of compassion for others facing large challenges. In this amazing book she has successfully stirred together her experience wisdom and knowledge into a mixture that is part personal, part universal, and all irresistible, upbeat and enormously uplifting. This is a how-to guide and essential compendium of pathways to growth -- from anxiety-reducing activities to Zen pleasures.

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