



Soul Shifts: Transformative Wisdom for Creating a Life of Authentic Awakening, Emotional Freedom & Practical Spirituality

Dr. Barbara De Angelis

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There are pivotal moments in the lives of all seekers when we realize that we've been traveling on our path of growth toward happiness and fulfillment, but, simply put, we want to go faster. How we have been living, working, and loving just isn't enough or even acceptable anymore. We know we're being called to something more significant and expanded—we can feel it. At these times what's needed is not simply more change or an adjustment in our outer life, but profound transformation. We don't just want to rearrange the pieces of ourselves so that they look better temporarily. We want nothing less than rebirth. We are ready for Soul Shifts.

Soul Shifts is the groundbreaking new book from New York Times best-selling author and renowned transformational teacher **Barbara De Angelis, Ph.D.** Now, in her most powerful offering yet—and the culmination of her life's work—Dr. De Angelis offers a practical handbook for awakening, and a brilliant revisioning of the journey of personal and spiritual transformation that will inspire and enlighten longtime seekers as well as new arrivals to the path of growth.

Soul Shifts are radical, vibrational internal shifts that spontaneously and inevitably transform the way you relate to yourself, to others, and to the world. For transformation to be real and lasting, it must originate from the inside out, so that instead of trying to constantly micromanage everything, you operate from true mastery at the deepest level of who you are—the soul level.

When you learn how to make these “Soul Shifts” on the inside, everything on the outside of your life shifts. Places where you've felt stuck or confused become illuminated with new clarity and understanding. Obstacles turn into possibilities, dead ends transform into doorways, and challenges convert into astonishing maps leading you to exciting new territories . . . all because you have made a Soul Shift.

A masterful and moving teacher, Dr. De Angelis will offer you illuminating guidance and invaluable techniques for living a life of practical spirituality and making your own personal Soul Shifts. Written with Barbara De Angelis's trademark eloquence, keen insight, and compassionate wisdom, *Soul Shifts* takes you on nothing less than a sacred inner journey to emotional and spiritual rebirth and lasting attainment. Reading it will leave you truly and authentically uplifted and transformed.

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