

A MORE

SPIRITUAL LIFE



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Table of Contents

Chapter 1:

The Basics on Spirituality

Chapter 2:

Identify Where Your Spirituality Has Issues

Chapter 3:

Understand Oneness

Chapter 4:

Calming Your Mind

Chapter 5:

Using Mantras

Chapter 6:

Using Yoga

Chapter 7:

The Benefits of Spirituality

Chapter 8:

Staying Motivated for Spirituality

Chapter 9:

Staying on Track

Chapter 10:

Making Resolutions for Spirituality

Chapter 1:

The Basics on Spirituality

Synopsis

What is spirituality? How do people discover their spirituality? If you don't know the real answer to these questions, you need a complete reference to expand your knowledge. This is the reason why you have to read this guide.