



## Introduction to Wildness Within: Connecting with and Celebrating Your Authentic Self (Paperback)

By Robert E Wagner

Wild Sacredness LLC, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A hands-on personal development booklet introducing you to your wild, authentic self. The do-it-yourself exercises included here set the reader on the path to a passionate, purposeful life by inviting him or her to look within and see themselves in a new light, and begin to investigate their unique life purpose. All that s needed is a mirror, one or two close friends, and a spot in nature to take a guided, intentional walk. The exercises are simple but profound-focusing on transformation from the inside out. They are a precious opportunity to rediscover and reconnect with the most significant person in our lives-the one who wants to grow to be all that he or she can be, and share that with loved ones. Starting with self-nurturing tools to promote genuine Self Love, to ones that spark Self Awakening as we take an honest inventory of how we are perceived by others, the practices produce a new awareness of our uniqueness and help us step into living our lives with more authenticity. The last tool focuses on...



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