

# Finding Authentic You - With 365 Daily Spiritual Readings: 7 Steps to Effective Spiritual Change (Volume 1)

Mr. Bo Sebastian CHT

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"Finding Authentic You" not only gives you seven effective steps to change, but also walks with you day by day for an entire year to help each individual find personal growth: mind, body and spirit! You can join Bo Sebastian on his website with a Year to CLEAR Challenge!



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