



Something More: Excavating Your Authentic Self

Sarah Ban Breathnach

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From the author of the bestselling "Simple Abundance" comes a provocative and powerful life "bible" for women around the world. In this insightful and eloquent book, Sarah Ban Breathnach explores the nine stages necessary to living authentically: Sensing, Surviving, Settling, Stumbling, Selling Out, Starting Over, Searching, Striving, and finally, Something More.

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