



How to Reach Enlightenment: Teach Yourself

Polly Campbell

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How to Reach Enlightenment offers practical strategies for those who are struggling to find an enlightened way of life, bringing straightforward self-help techniques to the world of spirituality. It shows you what enlightenment is before moving on to the various ways in which you can create a sense of awareness in your life. Covering everything from the basics of self-acceptance to meditation and mindfulness, each chapter contains a diagnostic test, case studies, practical exercises and Aide Memoire boxes. Chapters conclude with a reminder of the key points of the chapter (Focus Points) and a round-up of what to expect in the next (Next Step) will whet your appetite for what's coming and how it relates to what you've just read.

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