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101 Exercises for the Soul on Apple Books

In 101 EXERCISES FOR THE SOUL he offers simple exercises for the soul, a divine plan for healing yourself and transforming your life. Here's a sampling of the guidance and wisdom he lovingly offers: Exercise 38 Take a Bath : Maximize Your Relaxation Time Taking time to relax is one of the best self-care methods I know.

DailyOM - 101 Exercises for the Soul: Simple Practices for ...

INTRODUCTION Most of us know how important it is to exercise our bodies, but how often do we exercise our souls? It is easy to get lost in our daily routines...

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101 exercises-for-the-soul

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