



What Story Are You Living?: A Short Guide to Self-Healing and Inquiry

Catherine Ann Jones

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How can you know if you are living the life you are meant to live? How can you know yourself? The stories we tell ourselves become who we are, therefore being authentic and true to one's Self are crucial elements on the path to healing and self-discovery. *What Story Are You Living ?* is a compact manual on how to achieve goals that are truly appropriate for you and your soul's growth, and how to find the courage to move forward in a centered way.

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