



60 Second Guru: One Minute Spiritual Life Hacks For Growth, Relationships, Happiness and Empowerment

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Amazon #1 Bestseller

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“A tiny & tasty multi-vitamin for the soul”

“Super fun tips for making life better.”

“FABULOUS! FABULOUS! FABULOUS! Full of whimsy and practicality,”

“Multiples of can do's for growth, happiness, and empowerment

Direct, whimsical and warm in the spirit of Abraham Hicks.

Eckhart Tolle has "The Power of Now." Swami O'Bryan has "The Power of Wow."

From a lifetime of applying himself to wisdom traditions and working through times of depression, Swami O'Bryan passes along his “Wisdoms That Work.” With light-heartedness, intelligence and brevity, your Irish Swami delivers juicy and inspiring one-minute tidbits that reduce stress, increase love, and encourage your spiritual growth and development.

Think of Swami as Abraham Hicks with an Irish brogue.

Change depression from being a burden to being an empowering practice of life.

I've spent a lifetime dealing with depression. 60 Second Guru shares what I've discovered along my journey. Techniques are given in the book that move you from a negative state to a positive state. Depression can then become a mindful tool of empowerment, consciousness and emotional health.

13 easy ways to bring love, compassion and respect into your personal relationships

I will give you one minute guidance on easy and understandable techniques you can do in the here and now. You'll have simple, doable ways to reconnect deeply to your partner and friends and to contribute to your own personal growth and development.

Simple stress management techniques

I will share with you ways to reduce stress in your life. These include ways to have a healthy and refreshing night's sleep along with insights that will bring clarity to your everyday life. Your productivity will increase, interactions with others become more pleasant and your free time will become more enjoyable

Looking for books about meditation for beginners? 60 Second Guru is a perfect guide.

You'll find simple breathing and focusing practices, and insights that will allow you to enter your practice with understanding and ease. Many books tell you to meditate, some give you techniques to try, and few share with you ways that are doable. Meditation is simple. 60 Second Guru gets you there.

Yoga breathing techniques that bring relaxation, focus and inspiration to your life

Focused breathing works. For the yogi or non-yogi, I will share with you ways that help you to relax, focus and inspire your life. The ways shared are easily understood, doable and effortless.

60 Second Guru is spirituality without religion

You'll find insightful and inspiring nuggets of wisdom that bring relief and enjoyment to your life. Swami will show you that you are fine as you are and that your life-experience matters. Strident ideology and heavy hands of religion begin to vanish. Lightness fills you with increased possibilities and encourages your continued growth and development.

You Matter. 60 Second Guru will show you why.

Feel uplifted, encouraged and inspired. Coming from his personal experience of depression, Swami's wisdom will shift your perspective leaving you full of hope, cheer and possibility.

Read this book because you can.

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As people who live in the particular modest era should be up-date about what going on or facts even knowledge to make these keep up with the era which can be always change and move ahead. Some of you maybe will probably update themselves by reading through books. It is a good choice in your case but the problems coming to a person is you don't know what type you should start with. This 60 Second Guru: One Minute Spiritual Life Hacks For Growth, Relationships, Happiness and Empowerment is our recommendation to cause you to keep up with the world. Why, as this book serves what you want and wish in this era.

Audrey Stockman:

Nowadays reading books be a little more than want or need but also be a life style. This reading habit give you lot of advantages. The advantages you got of course the knowledge your information inside the book that will improve your knowledge and information. The details you get based on what kind of guide you read, if you want get more knowledge just go with education books but if you want sense happy read one with theme for entertaining including comic or novel. The actual 60 Second Guru: One Minute Spiritual Life Hacks For Growth, Relationships, Happiness and Empowerment is kind of publication which is giving the reader unforeseen experience.

Margaret Burman:

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Clarissa Holland:

People live in this new morning of lifestyle always make an effort to and must have the extra time or they will get wide range of stress from both daily life and work. So , when we ask do people have spare time, we will say absolutely yes. People is human not just a robot. Then we question again, what kind of activity do you have when the spare time coming to an individual of course your answer will certainly unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative in spending your spare time, the particular book you have read is usually 60 Second Guru: One Minute Spiritual Life Hacks For Growth, Relationships, Happiness and Empowerment.

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