



The Art of Letting Go: A Pathway to Inner Freedom

Vidya Frazier

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With refreshing insight, Vidya Frazier demystifies enlightenment for us. Speaking as a human being, not as a guru, she helps us discover a pathway to spiritual freedom that is simple and practical, yet powerfully profound. With gentle encouragement and compassion, she guides us in letting go of our mistaken identity with our ego and consistently points to our true Self that is already free, here and now, living in peace and harmony with all that is.

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