



Your Essential Self: The Inner Journey to Authenticity & Spiritual Enlightenment

Richard Harvey

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Awaken to Your Inner World, Where Real Happiness Awaits

Discover the path of self-understanding, growth, and healing. Fulfill your divine potential. Empower yourself to live with authenticity and compassion. *Your Essential Self* is a comprehensive guide to personal and spiritual unfolding. Join psychotherapist and spiritual teacher Richard Harvey for a hands-on exploration of the three stages of human awakening—the process of self discovery, the transformation into authenticity, and the source of consciousness—to reconnect with who you really are.

Creating permanent positive change and living happily in the present moment are attainable goals. Your inner wisdom can be awakened, but only a unique inner journey will lead you to it. With stories from Harvey's personal experience, case studies, questionnaires, and exercises designed to guide you toward self-realization, this book provides an integrated, practical method for attaining liberation and realizing your divine nature.

Praise:

"The upper path to one's highest possibilities is unmarked; no map leads to what is whole. But, if you're on the way, this book will add needed light to your journey, and help you see what only the willing heart can see."—Guy Finley, author of *The Secret of Letting Go* and *The Seeker, The Search, The Sacred*

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