



**Take Care: The Spirit Guide: One of seven  
empowering guides for true health and lasting joy  
(Volume 7)**

*Sarah Moran*

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# Take Care: The Spirit Guide: One of seven empowering guides for true health and lasting joy (Volume 7)

*Sarah Moran*

**Take Care: The Spirit Guide: One of seven empowering guides for true health and lasting joy (Volume 7) Sarah Moran**

Your connection to the individual spirit within you and the greater Spirit around you has a profound influence on your health and happiness. Deepen your spirituality with nearly 50 concrete tips from The Spirit Guide, which covers spiritual exploration, contemplation, intuition, purpose, gratitude and forgiveness.

The Take Care series is a set of seven books covering multiple aspects of wellness: food, movement, body care products, home environment, sleep, balance and spirit.

Each book has two parts. First, there's easy-to-read background with expert insights on the latest relevant research. Second, there are many practical tips, steps and ideas that make it easy for you to take action.

The books are a one-stop-shop for thorough but concise wellness information.

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