



Spirituality: The 7 Pillars: + Free 30-Day Companion Course (Spiritual Books, Spiritual Growth, Happiness, Enlightenment, Yoga, Meditation)

Nadya Almeira

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Spirituality is different things to different people. This is my story; my journey, and I hope it inspires you to begin or continue your own.

My trials and tribulations in life, from the loss of my husband and mother in quick succession to the general woes and anxiety that afflict us all, have led me on a path of discovery.

From plowing the ruins and rubbles left behind by Hurricane Katrina to meditating in the heart of the Himalayas, I have been forced to reassess everything I thought I knew, growing and healing every step of the way.

Throughout the years I have come to know my own 'pillars' of spirituality; the beliefs and practices that I consider to be fundamental to a meaningful existence.

My journey is by no means over, but every day I wake up and live a life packed with spiritual practice is a day that I become more like the person I want to be.

If you wish to be happier, more present, more aware, then I hope my experiences and guidance will be of great value to you.

If you simply want to lose yourself between the pages of a good book for a little while, then I would be honored to share my story with you too.

Free 30-Day Companion Course

As a token of my gratitude for listening to my story I have put together 30-day spiritual journey companion course to go hand in hand with this book. This is my gift to you, absolutely free.

Each day I will personally send you a small yet powerful story along with a little challenge to help you take a step towards your goals.

By the end of the 30 days I promise you will see yourself, and your world, in a whole new dimension.

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Tags: spiritual, love, living, life, happiness, yoga, meditation, prayer, enlightenment

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