

7 TRAVEL SPECIAL spiritual reads



WIN!

Transform your life

We all know meditation can do wonders for the mind, body and spirit, but did you know it might actually help you look and feel younger too? Well, according to this

fascinating new book, the secret to turning back the clock could be as simple as doing 27 minutes of the practice daily for eight weeks; after which, it claims, you'll have knocked at least a couple of years off your age!

Soul-Centred by Sarah McLean (Hay House; £12.99)

WIN! We've got five copies up for grabs. To get your hands on one, email your details, with 'soul' as the subject to soulandspiritmagazine@aceville.com

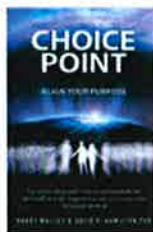


Everyday happiness

Featuring a range of practical, down-to-Earth tips promising to help you smile your way through any curve ball life throws at you, this truly inspiring book will show

you how to overcome any negative tendencies sabotaging the level of joy in your life at present, so you're able to fully enjoy every moment on this planet, and truly feel content with yourself and the world.

The Everyday Alchemist's Happiness Handbook by Natalie Fee (Findhorn Press; £8.99)



Change the world

Based on the groundbreaking film of the same name and perfectly mirroring Ghandi's famous quote about becoming the change you want to see,

this thought-provoking book seeks to help you gain a deeper understanding of yourself and the world, so you can truly fulfil your potential and, in doing so, transform the lives, and environment, of those around you.

ChoicePoint: Align Your Purpose by Harry Massey and David R Hamilton (Hay House; £12.99)

Love yourself

Seeking to help you handle the changes, transitions and new beginnings in your life with greater confidence, this is the ideal book for anyone with a tendency to struggle when things don't go to plan, and promises to show you how to deal with even the biggest of upheavals – redundancy or divorce, for example – in a totally calm, and centred way.

Who Do You Want to Be: How to Embrace Change and Live Your Dream by Nicola Bunting (Piatkus; £14.99)



Empower your mind

Perfect for those of you seeking to harness your inner power and truly fulfil your potential, this is a fantastic book for anyone hoping to strengthen their faith in themselves, and their abilities, and use the talents they possess to approach each and every day with a smile on their face, however difficult or challenging their circumstances may be.

Self Power: Spiritual Solutions to Life's Greatest Challenges by Deepak Chopra (Rider Books; £12.99)

WIN! We've got 10 copies to giveaway. To enter, email your details, with 'Deepak' as the subject, to soulandspiritmagazine@acevill.com. T&C on p 82.



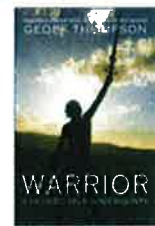
WIN!

Unleash your inner warrior

Perhaps one of the most powerful, thought-provoking and truly inspiring books to land on our desks in a while, this fantastic read is guaranteed to resonate with you long after the last chapter. Featuring a range of tips to help you embrace, and utilise, your inner warrior, it seeks to help you become more courageous by using your fears and anxieties to fuel your success.

Warrior: A Path to Self Sovereignty by Geoff Thompson (Geoff Thompson; £8.99)

WIN! We've got 10 copies up for grabs. To win, email your name, number and address to soulandspiritmagazine@aceville.com, with 'warrior' as the subject.



True Contentment

Ever wondered what it'd be like to switch your mind off for a few days and simply enjoy living in the moment, without feeling like you should be doing, or aiming, for anything more than you have? If so, this is definitely the book for you. Suggesting the key to true happiness is appreciating everything you have now, it's a wonderful book, guaranteed to leave you feeling really positive.

Radical Contentment: The Power of Enough by Alan Cohen (Hay House; £9.99)

