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## Inspiration for the Soul

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By Kate Marr Kippenberger

Exisle Publishing (Australia). Paperback. Book Condition: new. BRAND NEW, Inspiration for the Soul, Kate Marr Kippenberger, Do you want to bring about worthwhile change in your life? Are you looking for greater happiness and fulfillment? The answer lies in the way you think about yourself and your situation. Each inspirational thought in this book has been written to provide a way of thinking that will make an immediate positive change. Practical and simple, they will help you develop more rewarding responses to life. From learning to appreciate those in your life to living courageously to using your intuition, insights abound on every page on a variety of topics. "Living in the present moment is one of the most powerful things we can do to feed the soul. If you're thinking about what might happen tomorrow, or what happened yesterday, you're missing out on what life offers right now. By limiting our focus to the present moment, we exclude certain habitual thoughts that have the potential to make us unhappy. To live in the present moment, focus your attention on every detail of whatever you're doing right now. Notice the way things look, smell, sound and feel. Be aware of any...



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