

Soul Shifts: Transformative Wisdom for Creating a Life of Authentic Awakening, Emotional Freedom & Practical Spirituality

By Dr. Barbara De Angelis

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There are pivotal moments in the lives of all seekers when we realize that we've been traveling on our path of growth toward happiness and fulfillment, but, simply put, we want to go faster. How we have been living, working, and loving just isn't enough or even acceptable anymore. We know we're being called to something more significant and expanded—we can feel it. At these times what's needed is not simply more change or an adjustment in our outer life, but profound transformation. We don't just want to rearrange the pieces of ourselves so that they look better temporarily. We want nothing less than rebirth. We are ready for Soul Shifts.

Soul Shifts is the groundbreaking new book from New York Times best-selling author and renowned transformational teacher **Barbara De Angelis, Ph.D.** Now, in her most powerful offering yet—and the culmination of her life's work—Dr. De Angelis offers a practical handbook for awakening, and a brilliant revisioning of the journey of personal and spiritual transformation that will inspire and enlighten longtime seekers as well as new arrivals to the path of growth.

Soul Shifts are radical, vibrational internal shifts that spontaneously and inevitably transform the way you relate to yourself, to others, and to the world. For transformation to be real and lasting, it must originate from the inside out, so that instead of trying to constantly micromanage everything, you operate from true mastery at the deepest level of who you are—the soul level.

When you learn how to make these "Soul Shifts" on the inside, everything on the outside of your life shifts. Places where you've felt stuck or confused become illuminated with new clarity and understanding. Obstacles turn into possibilities, dead ends transform into doorways, and challenges convert into astonishing maps leading you to exciting new territories . . . all because you have made a Soul Shift.

A masterful and moving teacher, Dr. De Angelis will offer you illuminating guidance and invaluable techniques for living a life of practical spirituality and making your own personal Soul Shifts. Written with Barbara De Angelis's trademark eloquence, keen insight, and compassionate wisdom, Soul Shifts takes you on nothing less than a sacred inner journey to emotional and spiritual rebirth

and lasting attainment. Reading it will leave you truly and authentically uplifted and transformed.

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Editorial Review

About the Author

DR. BARBARA DE ANGELIS is one of the most influential teachers of our time in the field of personal and spiritual transformation. A renowned author, speaker, and media personality, she has earned legendary status as one of the first people who helped popularize the self-help movement in the 1980s.

Dr. De Angelis has written 14 best-selling books that have sold over 10 million copies and been published in 25 languages, including four #1 New York Times bestsellers. She has starred in her own television shows on CNN, CBS, and PBS; and has been a frequent guest on The Oprah Winfrey Show, the TODAY show, and Good Morning America.

Dr. De Angelis is President of Shakti Communications, Inc., dedicated to bringing enlightened messages to the world through her work. She offers seminars, retreats, online courses, and training programs to all those longing to live a life of mastery, fulfillment, and freedom. She is delighted to be a resident ofSanta Barbara, California.
Please visit: www.barbaradeangelis.com

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John Bullen:

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Barbara Guevara:

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