

Media Contact
Penny Sansevieri
penny@amarketingexpert.com
(858) 560-0121

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Stepping off the Edge

Learning and Living Spiritual Practice

CALIFORNIA - *Stepping off the Edge; Learning and Living Spiritual Practice* is a series of fascinating real-life stories about a woman who learned to listen to a voice that, for most of her life, she feared and distrusted even though she knew it would serve her to heed it. A voice that provided spiritual as well as practical direction and inspiration. A voice that guided her out of her negative patterns and propelled her to the Gathering, a Native American spiritual retreat. Reading her adventures, awareness, and awakenings you'll also gain insight into what is possible for you and an abundance of simple, fun, practical techniques to enhance your own search for Self. Follow Sandy Nathan as she battles the questions we all struggle, she even battles an eBay addiction that she fought and won. Her story is uplifting, and inspiring! This is a book that will leave you knowing that you can hear the voice of Spirit every moment of every day. And it will leave you with some tangible things you can do to get to the place of trusting what it says.

Is it simple? Yes. Is it easy? Not exactly. It's a lot like stepping off the edge.

Stepping Off the Edge is beautifully written. It has many examples of Sandy's spirited events and the need for inner awareness.

Adele Von Rust McCormick, Ph.D., Marlena Deborah McCormick, Ph.D. and Thomas McCormick, M.D. authors, *Horses and the Mystical Path* and *Horse Sense and the Human Heart*

A fantastic spiritual narrative that is alive with hope and possibility. Sandy Nathan's journey will inspire you create your own spiritual practice. A highly recommended book for all spiritual seekers. —USABookNews.com

Stepping off the Edge is published by Vilasa Press, 1-800-620-0076 and is distributed to the trade through Ingram and Baker & Taylor.

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