



A Year of Living Consciously: 365 Daily Inspirations for Creating a Life of Passion and Purpose

Gay, PhD Hendricks

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Embrace Each Day

We all want to live authentic, self-aware, and successful lives. How do we go about it? Where do we begin? In a daily map full of wisdom, inspirational quotes, and transformational exercises, bestselling author and psychotherapist Gay Hendricks sets us on a fantastic journey to personal and relationship success.

In bite-size portions, Hendricks encourages understanding, self-awareness, and honesty—all vital elements in a *conscious* life. *A Year of Living Consciously* teaches us to relish the journey that results in greater self-esteem and emotional literacy, achievements that can only come from leading an examined life. Quotes from historical and literary figures reinforce the timeless importance of honesty and self-knowledge. By helping us see, comprehend, and ultimately embrace the secrets we often hide from ourselves, *A Year of Living Consciously* brings us into accord to create clearer understanding, genuine change, and self-realization.

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