



# The 52: Discovering the True You in 52 Simple Lessons

*Deanne Mincer*

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## The 52: Discovering the True You in 52 Simple Lessons Deanne Mincer

Does enlightenment sound blissful but seem like too lofty a goal for you? Take heart! In just a few simple steps, you can be en route to experiencing the joy of personal transformation.

The True You is nothing less than eternal and divine love, but shedding the world's judgments and illusions requires patient dedication. Over the course of a year, *The 52: Discover the True You in 52 Simple Lessons* can lead you slowly but surely to living as your truest self.

Author Deanne Mincer, a yoga and spiritual teacher with twenty-five years' experience, has crafted an accessible guide that's easy to follow and refreshingly lighthearted. Inspired by both ancient and contemporary wisdom from diverse spiritual backgrounds—including the likes of Jesus, Rumi, the Buddha, Lao Tsu, Eckhart Tolle, and Mark Twain—this practical book is organized into fifty-two lessons that will help you grow in self-awareness as you implement that week's ideas for becoming happier and more loving into your everyday existence.

Are you ready to start the most important journey of your life? Take a deep breath. Let it out slowly. Repeat. Now, open your copy of *The 52*, and let's begin.

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