



## Wisdom for Life: Three Principles for Well-Being

By Elsie Spittle

Lone Pine Publishing. Paperback / softback. Book Condition: new. BRAND NEW, Wisdom for Life: Three Principles for Well-Being, Elsie Spittle, The author reveals in tangible and easy to comprehend terms that by understanding the Three Principles (Mind, Thought & Consciousness) of human experience, anyone has the innate ability to attain true health, to liberate themselves from their own prisons or perception and to live with all the energy and joy that is their birthright.



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