



Going Within = Goingu uizuin : chakura to meiso [Japanese Edition]

Shirley MacLaine

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At last Shirley MacLaine reveals the secrets of her intimate journey of transformation. In three international bestsellers, *Out on a Limb*, *Dancing in the Light*, and *It's All in the Playing*, multi-talented Shirley MacLaine described her own ongoing spiritual journey in search of inner harmony and self-transcendence. Now this celebrated actress, social activist, and outspoken thinker shares an enlightened program of spiritual techniques and mental exercises to become healthier, happier, and more attuned to the natural harmony of the world around-and within-ourselves. In *Going Within* Shirley MacLaine answers many of the most challenging and important questions she has been asked about her experiences in seminars and interviews she has conducted from coast to coast. Transformation is at heart of her profound and inspiring message-the power to shape our lives, to find inner peace and awareness, and to reach highest potential in relationships, at work, and at home. Candid, often controversial, and always courageous, Shirley MacLaine opens the doors to an irresistible journey of discovery and revelation. By going within, she shows us how to reach a new level of love and harmony, reduce stress, release fear, and discover the joys of a new-and better-way of living. Use light, sound, crystals, and visualizations to increase your personal energy. Explore the power of meditation to align body, mind, and spirit. Understand and communicate with your hidden self. Learn the secrets of sexual fulfillment in a new age of commitment. Experience the stunning mysteries of psychic surgery and much more!

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