



Soul Shifts: Transformative Wisdom for Creating a Life of Authentic Awakening, Emotional Freedom & Practical Spirituality

Dr. Barbara De Angelis

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There are moments in our lives when we know that we're poised on the threshold of greatness, of purpose, of true fulfillment and real happiness, but we don't seem to be moving forward as rapidly as we want to—and staying where we are is no longer acceptable or comfortable. How we have been living, working, and loving just isn't enough anymore. We are being called to something more significant, something more authentic, something more expanded and exalted. In these pivotal moments, what is needed is not simply change, but profound transformation—not simply an adjustment in our outer life, but a repositioning from the inside out. *We are ready for Soul Shifts.*

Soul Shifts is a groundbreaking new book from *New York Times* best-selling author **Barbara De Angelis Ph.D.**, one of the most influential teachers of our time in the field of personal and spiritual development, who for the past 35 years has reached tens of millions of people throughout the world with her inspirational messages about how to create a life of true freedom, mastery, and awakening. Now in *Soul Shifts*, her most powerful offering yet and the culmination of her life's work, Dr. De Angelis offers a significant and radical re-visioning of the understanding of the journey of personal and spiritual transformation that will inspire and enlighten millions of longtime seekers as well as new arrivals to the path.

What are Soul Shifts? They are powerful shifts in understanding, feeling, and consciousness that we make from within, shifts that will automatically *transform our lives from the inside out*. Rather than focusing on rearranging or managing ourselves and our lives on the outside, we learn how to operate from what Dr. De Angelis refers to as true Vibrational Mastery at the deepest level of who we are, the Soul Level. Places where we have felt stuck or stagnant and issues about which we've been unclear or confused all become illuminated with new, enlivened understanding. Pathways emerge where none seemed to exist, obstacles turn into possibilities, dead ends transform into doorways, and challenges convert into astonishing maps leading us to exciting new territories, all because we have made a Soul Shift.

Dr. De Angelis says, "Our responsibility as Conscious Beings, sincere seekers, and planetary transformers is to rebirth ourselves over and over again." *Soul Shifts* is an invitation to accelerate your own personal and spiritual transformation in this time on our planet when stepping up into our highest self is desperately needed. Renowned for being a masterful teacher, Dr. De Angelis will offer you powerful and proven techniques for living a life of practical spirituality, everyday awakening, and making your own *Soul Shifts*.

Written with great love, compassion, and respect, *Soul Shifts* welcomes the reader to a sacred inner journey, guiding him or her on nothing less than a pilgrimage to emotional and spiritual rebirth and attainment. It will leave all who experience it truly and authentically transformed.

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