



7 Cups for the Searching Soul

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This book is designed to transform your life by changing the way you view yourself and the world. It draws on proven research, healing traditions, and what we learned at 7 Cups, the world's largest emotional support system. This short and powerful book is jammed with insights. It will take you out of your current life and open the door to a whole new beginning.

This book will change your life by:

- Exposing the truth about how the world actually works
- Helping you understand and break free from the traps that keep you stuck
- Teaching you how and why you, your behaviors, and relationships make sense
- Empowering you to move through worry and fear to the life your heart desires
- Showing you how caring for others connects you to a deeper, stronger, and more nourishing life

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