



The Cosmos of the Soul II: Messages

Michele Doucette

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First came *The Cosmos of the Soul: A Spiritual Biography* in 2011, a book that highlighted this author's journey of awakening. In the 2014 sequel, *The Cosmos of the Soul II: Messages*, author Michele Doucette begins by emphasizing the importance of the miracle of the breath in conjunction with proper breathing techniques (and their value to the whole person); thereafter, she proceeds to focus on 33 vital messages imperative to the spiritual wellbeing of every reader. Based on personal experience, this easy to read and excellently researched and referenced text presents the reader with a welcomed mélange of methods and techniques that can be used to reconfigure one's subconscious mind. It is her contention that anyone following these methods will be better prepared to take conscious control of their lives.

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