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Altri autori (Persone)	MillerEmmett
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Sommario/riassunto	A remarkable achievement—an eyes-open, while-you-work-or-play meditation to start the day on a positive, focused note. Attune to your deepest values, then gradually energize yourself as you enjoy words of wisdom and self-affirmation. Extend the peace of the sleep state congruently into the activities of everyday life.