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   Sommario/riassunto   Wayne W. Dyer's book explores the concept of achieving balance in life by realigning one's thoughts with their desires and daily habits. Through nine principles, Dyer aims to guide readers towards restoring natural equilibrium and tapping into their innate potential for creation. Drawing on philosophical insights and personal reflections, the book encourages readers to nurture their dreams while managing the routines of daily life. The author targets individuals seeking personal growth and spiritual well-being, offering them a pathway to a more harmonious existence.