



The Book of Carols: Songs of Discovery on the Path to Enlightenment

Carol Goldsmith

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Sometimes it's hard to find the learning and the laughter in life...until you start reading the carols. These "songs of discovery" from life coach Carol Goldsmith not only explore the human condition with wisdom, wit, and compassion, they offer practical tools for transforming your everyday experiences. Whether your issues are procrastination, goal-setting, honoring boundaries, taking risks, finding your purpose, improving relationships, living in the present, or managing your "inner critic," The book of carols will speak to you. "When I read a carol," one reader says, "I realize that no matter what I'm facing, with a little creative thinking, I will be OK."

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