



A Deep Breath of Life

Alan Cohen

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The bestselling author of *I Had It All the Time* and *The Dragon Doesn't Live Here Anymore* has written this daily inspiration for heart-centered living reflecting his heartfelt philosophy. He was deeply moved by a line from *Man of La Mancha* - "Take a deep breath of life and consider how it should be lived." On each page, Alan offers you his warmhearted and inspiring insights, and then sums up with an uplifting affirmation.

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