



The High Heeled Guide to Spiritual Living

By Alice Grist

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, The High Heeled Guide to Spiritual Living, Alice Grist, The High Heeled Guide to Spiritual Living is a fiery account of one woman's mission to bring the deeply soulful into mundane everyday life. Having experienced all kinds of eventful living in her spiritual skin Alice Grist presents her empowering secrets of daily spiritual living for the modern woman (and man). Through the brutally honest lens of her own, often humorous, experience, Alice guides the reader through many aspects of spirituality. Her written style is like having coffee with your long lost best friend. The High Heeled Guide to Spiritual Living demonstrates how in a world overrun by rampant egos, consumerism and celebrity you can revamp your life your soul with feisty feminine panache. If the High Heeled Guide to Enlightenment showed you your spiritual options then her big sister The High Heeled Guide to Spiritual Living intimately reveals how to manifest these mysteries into your reality. The High Heeled Guide to Spiritual Living is the definitive guide for anyone who desires a truly spiritual life.



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