



7 Spiritual Habits to Change Your Life: + Free 30-Day Companion Course (Self Help, Spiritual Books, Spiritual Growth, Happiness, Spirituality, Success)

Nadya Almeida

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My trials and tribulations in life have led me on a path of discovery. From plowing the ruins and rubbles left behind by Hurricane Katrina to meditating in the heart of the Himalayas, I have been forced to reassess everything I thought I knew, growing and healing every step of the way.

Throughout the years I have come to know my own 'pillars' of spirituality; the beliefs and habits I consider fundamental to a meaningful existence.

If you wish to be happier, more present, more aware, then I can promise you results. If you simply want to lose yourself between the pages of a good book for a little while, then I would be honored to share my story with you too.

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As a token of gratitude for all readers I have put together a 30-day spiritual journey companion course to go hand-in-hand with this book. This is my gift to you, absolutely free.

Each day I will personally share with you a short yet powerful story along with a little challenge to help you take a step towards your goals.

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