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The Optimystic's Handbook: Using Mystical Wisdom to Discover Hope Happiness, and the Wonder of Spiritual living

Terry Lynn Taylor

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First introduced in Terry Lynn Taylor's *Messengers of the Light*, the concept of optimysticism is one that combines elements of optimism and mysticism to allow us to see not only the best of this world but also beyond this world, into eternity. In short, it is an exciting new way to tap into the positive side of life and learn to live with hope, passion, purpose and joy no matter what challenges we may encounter.

Much more than a simple "don't worry, be happy" salve, optimysticism offers insight for lifting every aspect of life relationships, work, spirituality to a new level of fulfillment. Combining spiritual and metaphysical ideas with down-to-earth excercises and activities, *The Optimystic's Handbook* offers a solid, practical approach to developing otimystic vision a 20/20 balance of sight and insight that dramatically alters our perspective from an anxious, limiting view of the world to one that is fully open to dreams, goals, ambitions and all the possibilities life holds in store.

For everyone ready to live more peacefully and productively in the coming years of rapid millenial change, optimysticm hold the key. Coauthors Taylor and Crain brilliantly point the way to moving from awareness to action, ideas to results, hope to fulfillment.

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