



Blessings: Prayers and Declarations for a Heartful Life

Julia Cameron

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Through her workshops and writings (including her bestseller **The Artist's Way**), Julia Cameron has inspired millions to pursue their dreams. In the tradition of *Heart Steps*, **Blessings** reveals the keys she uses to reconnect herself with the source of her creative spirit. Focusing on gratitude and recognizing the power to change one's surrounding world by changing one's thinking, Cameron explains how she surrenders to the "deeper flow of life rather than willfully forcing artificial solutions."

By acknowledging the beauty, harmony, and synergy of life, readers learn through Cameron's inspiring prose how to cherish the gifts they have been given and use them to their fullest. Those who read and follow Cameron's advice and prayers and listen to Tim Wheater's healing music in the audiobook will realize how to achieve harmony in their lives and embrace the notion that they are part of a larger whole that holds them in a benevolent and protective view.

With **Blessings**, readers will understand the secrets of a life that is rich, beautiful, intricate, and valuable.

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