



# Living Life in Full Bloom: 120 Daily Practices to Deepen Your Passion, Creativity & Relationships

*Elizabeth Murray*

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## **Living Life in Full Bloom: 120 Daily Practices to Deepen Your Passion, Creativity & Relationships**

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Living life in full bloom means living with hope and purpose, with imagination and vision--in a way that honors the Earth, the spirit, and one another. Elizabeth Murray encourages and nurtures each person to explore four personality attributes (Gardener, Artist, Lover, and Spirit Weaver), or pathways, that create a framework for practicing mindfulness, unleashing potential, and reviving communities. As Gardeners, readers will learn to observe and grow; as Artists, they'll discover creativity and new possibilities; as Lovers, they'll lead with the heart and commit to things they're passionate about; and as Spirit Weavers, they'll create rituals and express gratitude.

Accented with Murray's exquisite nouveau vintage photography in a beautiful format, 30 guided activities for *each* pathway help readers take small but powerful action steps to define the purposes of busy lives and help them remember who they really are. Murray also includes profiles of "bloomers," inspiring individuals who exemplify this life and are in partnership with their local communities and international organizations focused on people and causes. A step-by-step exercise on life mapping helps to identify passions, skills, and community needs and offers specific actions to serve the greater good.

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