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Three Minutes for the Soul: Reflections to Start the Day (7 x 4: A Meditation a Day for a Span of Four Weeks)

Gerhard Bauer

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Providing a month worth of daily meditations, in Three Minutes for the Soul Dr. Gerhard Bauer offers helps to start the day. He invites us to set out on a path that leads to ourselves and to others, while at the same time keeping an eye open for traces of the one who has placed in the human heart a desire for something more.

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