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| John Hunt Publishing - **O-BOOKS** - announces the new title | | |
| **Art of Freedom, The** A Guide to Awakening  Michael Damian  The Art of Freedom: A Guide to Awakening is a short, powerful book that focuses upon the principles of deep spirituality and enlightenment. Clarifying the nature of genuine awakening, it considers how we approach it with gradual insight and self-inquiry, and what the long-term impact and expression of awakening looks like. The Art of Freedom expresses both the clear mind and compassionate heart of awakening.  **Author Bio** Michael Damian, PhD is a spiritual teacher, psychologist and author of The Art of Freedom: A Guide to Awakening. Michael offers guidance for the direct path of self-realization, by which we discover the natural freedom and happiness of our true nature. Online: [Facebook](https://www.facebook.com/michaeldamianteachings/), [Author Website](http://www.michaeldamian.org), [Blog](http://www.michaeldamian.org/blog), [Twitter](http://www.twitter.com/#!/directknowing)  **Endorsements** *A book which is both luminously spiritual and acutely intelligent, in which clarity of expression meets depth of insight.* ***Steve Taylor, author of The Calm Center and The Leap***  **Promotional Plans** Promotion via author's established website and Facebook page dedicated to his teachings, as well as other social media platforms. Author holds regular spiritual gatherings and talks in North America, the Netherlands and the UK. Cross promotion across established John Hunt Publishing MBS imprint platforms.  **USP** A book which cuts through popular myths and cliches about enlightenment to describe spiritual awakening succinctly, using inspiring language which includes personal insight from the author himself, and his unique experience of the process of enlightenment.  **Competing Books** Emptiness Dancing 9781591794592, by Adyashanti Sounds True Inc., 2006  **Categories** BODY, MIND & SPIRIT (General)(OCC019000) -> Inspiration & Personal Growth(OCC019000) RELIGION (General)(REL007000) -> Buddhism (General)(REL007000) RELIGION (General)(REL062000) -> Spirituality(REL062000) |  | **Publication Date** November 2017  **Paperback** ISBN: 978-1-78535-593-6 $13.95  |  £8.99 8.5x5.5 inches | 216x140 mm 112PP  **e-book** ISBN: 978-1-78535-594-3 $5.99  |  £3.99  **Library of Congress** 2016954850 |
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