



Sixty Seconds: One Moment Changes Everything

Phil Bolsta

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Spiritual awakenings, whether quiet and subtle or dramatic and breathtaking, are deeply personal events. More than half of us have undergone a spiritual transformation, each unique and life-changing. We may only have a moment or two to act or we may have a few months to sort things out. We may curse the gods or sink to our knees in gratitude. The circumstances vary but two things are certain. One, our life is about to change. And two, it's a day we will not soon forget.

Sixty Seconds is an uplifting collection of intimate, heartfelt stories from prominent people who graciously share their personal experiences with the profound. Their moving, life-altering interviews powerfully illustrate that sacred moments of illumination and insight are available to us all.

The roster of storytellers includes Janis Amatuzio, James Autry, Echo Bodine, Joan Borysenko, Gregg Braden, Dannon Brinkley, Deepak Chopra, Francis Collins, Joseph Costa, Frank Deford, Marilyn Diamond, Larry Dossey, Wayne Dyer, Suza Francina, Tom Gegax, Andrew Harvey, Kathryn Harwig, Jean Houston, Robert Jaffe, Larry Julian, Don Jose Luis, Jim MacLaren, Dan Millman, Caroline Myss, Christiane Northrup, Dean Ornish, Parker Palmer, Jim Petersen, James Redfield, Rachel Naomi Remen, Peter Russell, Donald Schnell, Bernie Siegel, Stephen Simon, Malidoma Some, Esther Sternberg, Trent Tucker, James Van Praagh, Mike Veeck, Billy Vera, Doreen Virtue, David Wagner, Neale Donald Walsch, Barbara Winter and Victor Wooten.

Reading *Sixty Seconds* is like spending a few minutes face to face with each of the contributors and listening to their personal stories.

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From reader reviews:

Pamela Edmonds:

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Krystal Wilson:

Reading can called mind hangout, why? Because when you are reading a book mainly book entitled Sixty Seconds: One Moment Changes Everything your head will drift away trough every dimension, wandering in each aspect that maybe not known for but surely can become your mind friends. Imaging each and every word written in a guide then become one contact form conclusion and explanation that will maybe you never get previous to. The Sixty Seconds: One Moment Changes Everything giving you yet another experience more than blown away your thoughts but also giving you useful details for your better life in this particular era. So now let us present to you the relaxing pattern at this point is your body and mind is going to be pleased when you are finished reading it, like winning a. Do you want to try this extraordinary investing spare time activity?

John Damm:

This Sixty Seconds: One Moment Changes Everything is great publication for you because the content which can be full of information for you who all always deal with world and also have to make decision every minute. This book reveal it info accurately using great manage word or we can declare no rambling sentences included. So if you are read it hurriedly you can have whole facts in it. Doesn't mean it only will give you straight forward sentences but difficult core information with lovely delivering sentences. Having Sixty Seconds: One Moment Changes Everything in your hand like obtaining the world in your arm, data in it is not ridiculous 1. We can say that no reserve that offer you world with ten or fifteen small right but this reserve already do that. So , this is certainly good reading book. Hi Mr. and Mrs. occupied do you still doubt in which?

Donna Gamble:

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