



# My Spirit Is Not Religious: A Guide To Living Your Authentic Life (A SBNR or Spiritual But Not Religious Book)

*Tina Sacchi*

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My Spirit is Not Religious: A Guide to Living Your Authentic Life, is an inspirational guidebook designed to assist people in transitioning from lifelong traditional religious beliefs that have constricted their lives and behaviors to spiritual beliefs that are innate to their beings. My Spirit is Not Religious also benefits those people that have no religious background but may be experiencing societal religious pressure or those people who are not affected by religion and want to connect with their own spirituality and their inner essence NOW.



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