



Original Self: Living with Paradox and Originality

Thomas Moore

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In Original Self, spiritual pioneer Thomas Moore guides readers back to their God-given personalities through fifty heart-lifting meditations. This inspiring collection offers fresh interpretations of living with originality rather than conformity, presenting multidimensional portraits of the creative self and different angles from which to top one's primal emotions and possibilities. Learn what it means to live from the burning essence of the heart, with the creativity that comes from allowing the soul to blossom in its own colors and shapes.

With his usual grace and insight, Moore counters the prevailing assumptions of the day and offers strikingly unorthodox views on what is virtuous and healthy, opening up possibilities for a renewal of the way we live socially and in our private lives.

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