



# Turning your inner compass to more well-being:

## Part 1 - Basic principles of the universe

*Iris Degnes*

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# Turning your inner compass to more well-being: Part 1 - Basic principles of the universe

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We are amazing beings and sometimes we need others to help us remember. No matter where you are in life, if you feel the need for change, here you will get the guidance you need to set of on a new journey of change and more well-being. Learn and remember how you can allow more energy, love, health and all the other good things into your life. This book is part 1 and covers the basics.



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