

Quick Book Facts

Title: You Are What You Love

Author: Vaishali

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Index: Table of Contents

Brief Description: *You Are What You Love*, is the definitive 21st Century guide for spiritual seekers of timeless wisdom who are searching for the answers to the big questions in life, such as: "Who am I?", "Why am I here?", "What is the purpose and meaning of my life?", "What is my value, power and worth?"

You Are What You Love makes Eastern mysticism, Western mind friendly, as author Vaishali magically mixes concepts and story-telling from such traditional sources as Buddhism, Christianity, Judaism, Hinduism, and Sufism, with the ancient mystic, Emanuel Swedenborg, as well as with unconventional sources, from Groucho Marx to Cheech & Chong and Homer Simpson.

You Are What You Love empowers readers to befriend their minds and bring resolution to recreation patterns. One of the most powerful points of the book is that "we do not have love, we are love. We don't earn it; we don't have to justify it; we don't have to wait until others decide we are good enough; we claim it because we are it."

Intended Audience: Adults ages 20-60. Readers looking for emotional and spiritual transformation.

Author's Background: Vaishali is part Stand-up Comic, part Spiritual Teacher and full time Soul Stripper. She attended San Francisco State University where she graduated Magna Cum Laude with degrees from both the Religion & Philosophy Department and the Radio & Television Department. Vaishali has spent her adult life seeking esoteric wisdom and studying diverse spiritual and religious expressions of God consciousness. Since the early 90's she has conducted spiritual workshops and Self Emergence consultation.

Companion Books: *You Are What You Love* Playbook and *You Are What You Love* on CD.