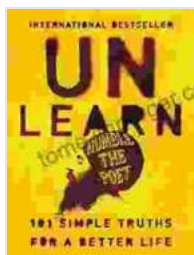


Unlearn: 101 Simple Truths for a Better Life

Are you ready to unlearn everything you thought you knew about life? If so, then this book is for you.



Unlearn: 101 Simple Truths for a Better Life

by Humble the Poet

★★★★☆ 4.8 out of 5

Language	: English
File size	: 1455 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 310 pages



In *Unlearn*, bestselling author and speaker Dr. Tara Brach shares 101 simple truths that will help you let go of the beliefs and behaviors that are holding you back from living a fulfilling life.

These truths are not easy to hear, but they are essential for anyone who wants to create a more meaningful and joyful existence. They will challenge your assumptions, open your mind to new possibilities, and empower you to make positive changes in your life.

If you are ready to unlearn the old ways of thinking and being that are no longer serving you, then this book is for you. *Unlearn* will help you:

- Let go of the beliefs and behaviors that are holding you back
- Open your mind to new possibilities
- Create a more meaningful and joyful life

Don't wait another day to start living the life you were meant to live. Free Download your copy of *Unlearn* today.

What Others Are Saying About *Unlearn*

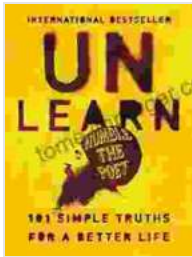
"*Unlearn* is a powerful book that will help you let go of the beliefs and behaviors that are holding you back from living a fulfilling life. Dr. Brach's insights are deep and her writing is accessible and inspiring. If you are ready to make positive changes in your life, then this book is for you." -

Oprah Winfrey

"Dr. Brach is a gifted teacher and her book *Unlearn* is a must-read for anyone who wants to live a more meaningful and joyful life. Her insights are profound and her writing is clear and engaging. I highly recommend this book." - **Eckhart Tolle**

"*Unlearn* is a transformative book that will help you see the world in a new light. Dr. Brach's wisdom is evident on every page and her insights will stay with you long after you finish reading. This is a book that I will return to again and again." - **Thich Nhat Hanh**

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