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Learn how to lead a happier life by bringing harmony to body and mind in 'I AM'

Maggie Moor's self-help book includes guided exercises

NEW YORK – Maggie Moor's new book, "[I AM: Your Guide to Mind and Body Union for Total Awareness](#)" (published by Archway Publishing), is ten chapters of philosophical and psychoanalytic discussion, guided journaling and meditation practices to help readers heal from trauma and discover mind and body alignment.

The self-help guide shows readers how to lead a happier life with a greater sense of awareness regarding the need for a harmonious coexistence between body and mind. The meditation and journaling exercises at the end of each chapter can help readers discover the reality of a heightened sense of enlightenment in how to approach the day-to-day pressures of life.

"I believe that our natural characteristics, our natural essence, our natural positive perspective is a renewable resource. We may feel disconnected from these parts of ourselves but they are never truly lost," Moor says. "This book will teach you to discover your full potential and continue to be a successful innovator in this growing world."

"I AM" is available for purchase at: <https://www.amazon.com/Am-Guide-Union-Total-Awareness/dp/148087907X>

"I AM"

By Maggie Moor

Hardcover | 6 x 9 in | 234 pages | ISBN 9781480879089

Softcover | 6 x 9 in | 234 pages | ISBN 9781480879072

E-Book | 234 pages | ISBN 9781480879096

Available at Amazon and Barnes & Noble

About the Author

Maggie Moor is a visionary, healer, psychotherapist. She devoted several years to the study of Buddhist meditation practice, which included a concentrated study at a Varanasi Temple in Northwestern India. Moor lives in New York where she has counseled individuals in Eastern spirituality, yoga, and integrative mind and body therapy for 10 years, specializing in working with people who experience difficulties in intimacy. She is also certified to practice psychoanalytic psychotherapy. Her psychoanalytic paper was nominated for the NAAP Gradiva Award. She has worked at The Treatment Service with patients recovering from anxiety, and at Rikers Island facilitating groups for women recovering from trauma and addiction. In her spare time, Moor is a three time National Figure Competitor, a jazz-rock singer and songwriter, and fiction novelist. She is the founder of Institute for the Advancement of the Mind.

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