



# **Spirituality: The 7 Pillars: + Free 30-Day Companion Course (Spiritual Books, Spiritual Growth, Happiness, Enlightenment, Yoga, Meditation)**

*Nadya Almeida*

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My trials and tribulations in life, from the loss of my husband and mother in quick succession to the general woes and anxiety that afflict us all, have led me on a path of discovery.

From plowing the ruins and rubbles left behind by Hurricane Katrina to meditating in the heart of the Himalayas, I have been forced to reassess everything I thought I knew, growing and healing every step of the way.

Throughout the years I have come to know my own 'pillars' of spirituality; the beliefs and practices that I consider to be fundamental to a meaningful existence.

My journey is by no means over, but every day I wake up and live a life packed with spiritual practice is a day that I become more like the person I want to be.

If you wish to be happier, more present, more aware, then I hope my experiences and guidance will be of great value to you.

If you simply want to lose yourself between the pages of a good book for a little while, then I would be honored to share my story with you too.

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