



The Inner Travel Guide: An Unconventional Passport to Personal Peace

Andrena Woodhams

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For thousands of years, philosophers, prophets, mystics and musicians have alluded to a mythical place of peace. However, there hasn't been a practical, no-nonsense guide that shows you how to get there. Until now.

Based on Andrena Woodhams' years of experience helping people come home to themselves, The Inner Travel Guide gently guides readers through a pragmatic approach to finding authenticity and peace.

The challenge is this: You are searching for something, but don't know what it is. You have a nagging feeling that you have lost your way. Something is calling you, and yet it always remains just out of reach. As long as you keep busy, exercising and working and taking care of your family and doing the myriad of daily chores, the nagging disappears. But the moment you stop, it surfaces again.

There's a longing to go home, but you can't find where home is.

The solution is this: Your true home is within you. It's the truth of who you are. Finding your way home means finding a source of joy, a haven of acceptance, an inner compass to guide you.

Learning how to reach your true home is simple, subtle and easy to integrate into your life.

This book shows you how.

This is the path of coming home.

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