



The Stuff of a Lifetime: Self, Sense, Soul, and Spirit in Human Experience

Gene Ruyle

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The Stuff of a Lifetime is a book to help people understand what they are doing with their lives. Addressing its readers directly and as individuals, this book allows them to move through it in their own way. It takes them on a wide-ranging expedition into their lives, so that they may be better guided by their own uniqueness. It seeks to enkindle within people the desire to reclaim their bodies, recover their souls, and re-enter the world.

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