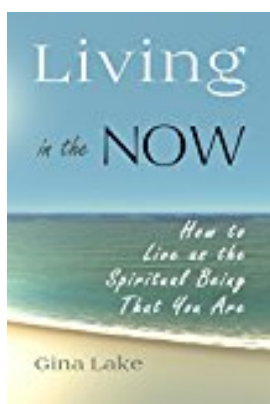


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About the Author Gina Lake is a spiritual teacher and the author of numerous books about

awakening to one's true nature, including *From Stress to Stillness*, *Embracing the Now*, *Radical Happiness*, *Living in the Now*, *Return to Essence*, *Trusting Life*, *Loving in the Moment*, *Anatomy of Desire*, and *Getting Free*. She is also a gifted intuitive with a master's degree in counseling psychology and over twenty years experience supporting people in their spiritual growth. Her website offers information about her books, free e-books, book excerpts, a monthly newsletter, a blog, and audio and video recordings.

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