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stories of the heart author kornfield jack other authors kornfield jack 1945 editor feldman christina editor edition first edition published"*soul smoothies nourish and flourish* May 19th, 2020 - *soul smoothies nourish and flourish* written by kathleen prasad on february 9 2015 posted in animals sweet amp savory wellness what s new m aking green smoothies and juicing are all the rage these days in fact i make a green drink for my family every single morning to get us going after i nourish my body it s time to think about what i m going to pour into my spirit for the day'

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often give your own energy to help shift someone's mind it's a constant balancing act to stay open creatively and nourish your spirit to prevent burnout it's a struggle to find the soul food we need to keep creating yesterday i got the biggest warmest hug of soul food from one of my photography'
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'nourish your spirit wellbeing au

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