



Your Heart's Prayer: Following the Thread of Desire into a Deeper Life

Oriah Mountain Dreamer

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You may be familiar with her bestselling book *The Invitation* or heard her on *The Oprah Winfrey Show* and NPR. With her first original audio production, Oriah Mountain Dreamer takes you on an inspirational "journey into the soul's desires," bringing a new vision to what it is we most want from life. On *Your Heart's Prayer*, Oriah challenges you to find your heart's longing—a deep purpose encompassing not only daily life, but your ultimate destiny. Drawing from the tradition of shamanic medicine, she details the way to narrow the gap between how we want to live and how we're actually living. Blending ruthless honesty, humor, and insight, Oriah shows us how to let longing grow larger than fear; how to retrieve lost parts of the self; how to accept that which is beyond our control; and much more.

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