



Everyday Magic

Vivien Singer Schapera

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Everyday Magic will strike you in a spiritual sweet spot you probably didn't know you had. At its core, Schapera's second book is an elegant memoir that traces the lines from an outwardly quiet girlhood in stricken South Africa to the novelty of raising a family around the turn of the millennium in the US. Flowing through that simple fame come waves of self-discovery syncopating the rhythms of spiritual progress. The result is a concise and pleasing guide to the terrain of everyday magic, which yields fresh insights upon each rereading.

The author provides us with launch points to further study a variety of disciplines that she has integrated into a seamless and coherent whole. With the Alexander Technique at the core, Schapera shares her discoveries about nutrition, crystals, healing, shamanism, and other paths, and shows us how they all, in the end, share the common message: magic is within your reach and mine, every day. Allow it to happen.

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