



# Rise and Shine: a Spiritual Wake-Up Call for Sleeping Beauties

*Birkan Tore*

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## **Rise and Shine: a Spiritual Wake-Up Call for Sleeping Beauties** Birkan Tore

Birkan Tore gives practical advice about how you can really wake up to be yourself and really shine with your own beauty and power. The book deals with three important relationships: your relationships with yourself, your beliefs, and your life. Birkan wants you to understand the important changes that you most personally and truthfully wish to make in these relationships. Along with insights about the deeper meanings of time, beauty, money, and balance, Birkan gives realistic instructions on how you can let these ideas and needs more positively shape your image of self. Although he speaks in real-life language about the material world you face, he also discusses the spiritual truths that are actually the fundament of reality. He asks you to truly comprehend and embrace not only your beliefs, but also the power with which your beliefs can change the worldly circumstances of your life. Finally, he applies the ideas of personal affirmation and belief manifestation to your daily actions.

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