

# Optima Publishing (2012) Ltd



## Book Launch

# Let's go on a Journey

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*"We are pleased to affirm this booklet in bringing before young persons and others the importance of the spiritual in everyday life.*

*Its emphasis on silence, stillness and mindfulness should be as important a part of our days as study and social activities.*

*We commend its contents."*

*Rosemary and Bruce Drew*

*"Excellent book for a young person on the journey of a lifetime with its guidance at each stage. A very good read for all"*

*Dr Derek Girdler*

**By Thomas Jeyendran  
and illustrations by Hilary Want**

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