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# Something in This Book Is True, Second Edition: The Official Companion to Nothing in This Book Is True, But It's Exactly How Things Are

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A training manual for navigating a future full of danger and hope, this book considers earth changes, pole shifts, Hopi prophecies, the secret government, and much more. Written in Bob Frissell's warm, personal style with updated commentary, *Something in This Book Is True* is both an account of Frissell's journey to inner discovery and empowerment and a most unusual reader's guide. Delving into topics as eclectic as polarity consciousness, emotional body clearing, and higher selves, Frissell affirms that humanity is composed of spiritual beings having human experiences—not vice versa. This new edition incorporates photos and illustrations into Frissell's engaging text.

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