



# Being True: What Matters Most in Work, Life, and Love

*Tami Simon*

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“When I took my first steps on the spiritual path,” says Tami Simon, “I was looking for answers to life’s greatest mysteries. Over time I learned that the best books and teachers pointed us inward—to our own experience—and that this is where we can find our greatest sense of aliveness and purpose.” On *Being True*, the founder of Sounds True distills essential lessons learned from 30 years of exploring the edge where spiritual wisdom meets the challenges of work, life, and love. Join her for four intimate sessions on:

- Being true as a process—five keys for living in integrity
- Spirituality in action—how we can apply our highest values in the workplace and in our relationships
- Her most transformative encounters with spiritual teachers

Sounds True listeners and followers of the *Insights at the Edge* podcast series have heard Tami introducing and interviewing leading voices in spirituality, science, and creativity. Now she speaks to you directly as a fellow traveler on the journey—sharing her most valuable insights on honoring your inner imperatives in the real world, meeting setbacks with an open heart, and remaining alive to the inner voice that always encourages each of us to “be true.”

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