



## Reflections of a Mystical Sistah: On Traveling Down the Road to Self-Definition

*Idara Bassey*

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Reflections of a Mystical Sistah: On Traveling Down the Road to Self-Definition speaks to the journey of creating and living a self-defined and authentic life. Seven essays, interspersed with six affirming "Rest Stops," guide and support readers who are moving into new and uncharted territory in their own lives. Idara E. Bassey, a corporate attorney-turned spiritual seeker and creative spirit, draws on her considerable experience and unique perspective to entertain and challenge those who wish to envision new ways of doing and being. She presents a broad range of personal growth topics via an engaging alchemy of straightforward narrative and inspired dialogue. Some of the roads less-traveled are the most rewarding of all

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