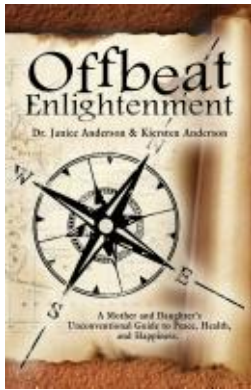


# Offbeat Enlightenment

Dr. Janice Anderson & Kiersten Anderson



A Mother and Daughter's  
Unconventional Guide to Peace, Health,  
and Happiness.



*Offbeat Enlightenment introduces the groundbreaking and original method of "secular enlightenment" created by Dr. Janice Anderson and Kiersten Anderson. After discovering the dynamic connection between inner peace and optimum health, this mother-daughter duo compiled their years of knowledge and expertise into easy-to-understand, entirely secular skills of enlightenment so anyone can uncover inner peace, health, and happiness.*

## **Offbeat Enlightenment**

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KIERSTEN ANDERSON

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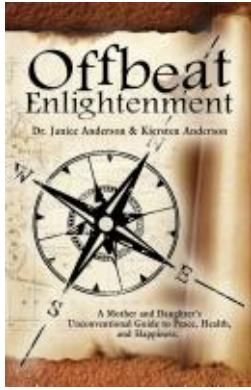
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Offbeat Enlightenment/Dr. Janice Anderson & Kiersten Anderson—First Edition

## Preface

*Offbeat Enlightenment* is for those who are willing to venture off the beaten path. This book is for the unique individuals who dare to defy conventional norms in order to uncover peace and attain optimum health. We have compiled our years of knowledge and expertise to create an original offbeat method of “secular enlightenment” that encompasses easy-to-understand, entirely secular skills of enlightenment so *anyone* can uncover inner peace, health, and happiness.

Our method of “secular enlightenment” encompasses the knowledge and skills used to uncover inner peace. We teach enlightenment in a compassionate, modern, and practical style. We demonstrate that enlightenment can be learned just like any other skill, such as driving a car or learning how to swim. We wrote this book in the hopes that you can benefit from our insights, so you don’t have to stumble (like we did...numerous times!) on this unconventional but ultimately life-changing journey to peace.



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