



## Something More: Excavating Your Authentic Self

*Sarah Ban Breathnach, Sarah Ban Breathnach, McBain*

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# Something More: Excavating Your Authentic Self

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**Something More: Excavating Your Authentic Self** Sarah Ban Breathnach, Sarah Ban Breathnach, McBain  
No matter how spectacular their lives may be, women today are plagued by the nagging feeling that there must be something more to happiness. And they're right. In this insightful and eloquent book, Sarah Ban Breathnach explores the nine stages necessary to living authentically: Sensing, Surviving, Settling, Stumbling, Selling Out, Starting Over, Searching, Striving, and finally, Something More. Through storytelling and interpretation, she leads women on a path to becoming Archaeologists of Themselves and helps them discover that something more was deep within them all along. By providing women with this knowledge, she offers readers a way to profoundly change their lives; forever. *Simple Abundance* (Warner, 1995) has sold over three million hardcover copies, and is a #1 Globe and Mail and New York Times bestseller. Sarah Ban Breathnach has appeared five times on Oprah, and her *Journal of Gratitude* has inspired a recurring segment. She has also been a guest on Dini, Good Morning America and The View, and has been featured in Time, People, and the Washington Post, as well as many other national publications. The author writes a regular column on everyday spirituality in Good Housekeeping and will start a national newsletter for fans of *Simple Abundance*. The *Simple Abundance* Charitable Fund, founded by Sarah Ban Breathnach, has donated \$685,000 to charity. *Something More* is a One Spirit Main Selection. Also available as a Time Warner AudioBook read by the author. Sarah Ban Breathnach (pronounced Bon Brannock') is the author of the bestselling *Simple Abundance* and the founder of the *Simple Abundance* Charitable Trust, a non-profit bridge-group between charitable causes and the public. She has appeared on numerous television shows, including six appearances on Oprah, and has been profiled in such magazines as Time, Maclean's, and People.

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