



Title: The Old Soul's Guidebook: Who You Are, Why You're Here, and How to Navigate Life on Earth

Author: Ainslie MacLeod

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THE OLD SOUL'S GUIDEBOOK: Who You Are, Why You're Here, and How to Navigate Life on Earth.

Everything you are—your personality, beliefs, aspirations, talents and fears—is the result of your soul's many incarnations. Past-life psychic and spiritual teacher, Ainslie MacLeod created *The Old Soul's Guidebook* to help you tap into this wealth of past-life experience and dramatically increase your potential for success in this lifetime.

Building on his award-winning books *The Instruction* and *The Transformation*, Ainslie delivers unique insights and exercises to help you:

- Understand why your destiny is so much more obvious than you think
- Identify past-life sources of present-life issues like low self-esteem, unexplained ailments, and irrational fears
- Escape the victimization trap through self-empowerment

"Past lives explain everything," shares Ainslie. *"Without knowing where you've been, you can never truly know where you're going."*

Endorsements:

"Ainslie MacLeod is at the forefront of exploration into the soul and its profound influence on our physical selves." ~Dr. Mehmet Oz

"Ainslie truly changed the course of my life. What a blessing!" ~Martha Beck

"Reading your book felt like I was being imbued with its wisdom. Whatever magic you put in there is alive and well." ~India Arie

"Ainslie's new book is filled with pages of gold!" ~Raquelle Mantra

About the author:

Ainslie MacLeod is an internationally acclaimed past-life psychic, spiritual teacher and author, and has been a featured guest on Oprah's Soul Series and SuperSoul Conversations. He lives on a tranquil island in the Puget Sound.

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