



# A Hundred Ways to Sunday: Guided Drumming Journey

*Robin Rice*

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## **A Hundred Ways to Sunday: Guided Drumming Journey** Robin Rice

Guided Drumming Journey To Companion the novel *A Hundred Ways To Sunday* (NOTE: reading the novel is not required to enjoy this CD). In the novel, character Mary Margaret Hathaway learns the ancient, shamanic technique of journeying to the beat of a drum for self-discovery and personal growth. Now readers can take their own journeys with guided imagery based on the signposts from the book to meet key characters Chief, Kenya and Lion as well as their own personal guides. For continued meditation and insight, a track of solo drumming is included.

Extra Feature! Enjoy a 30-minute interview: Self-Discovery Through Drumming Journeys: A Discussion with Contemporary Shamans Rosemarie Brown and Lyn Roberts-Herrick.

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