



Onward and Upward: Reflections of a Joyful Life

Michael Wiese

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By always testing the limits, a young Michael had a yearning to understand “the secret of life” and began to “see things worth seeing.” During the turbulent ‘60’s in San Francisco he makes his first films exploring his inner world. Later, under the pressure to support a family, he moves to New York and lands “real jobs” in the entertainment industry. But while climbing the corporate ladder, he loses his footing on the spiritual path. With guidance from his mentors, friends, and wife, he regains his sense of purpose, which brings him today into the most productive and satisfying period of his life. This book is a record of that journey and of those things that are important to creating a contented life.

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