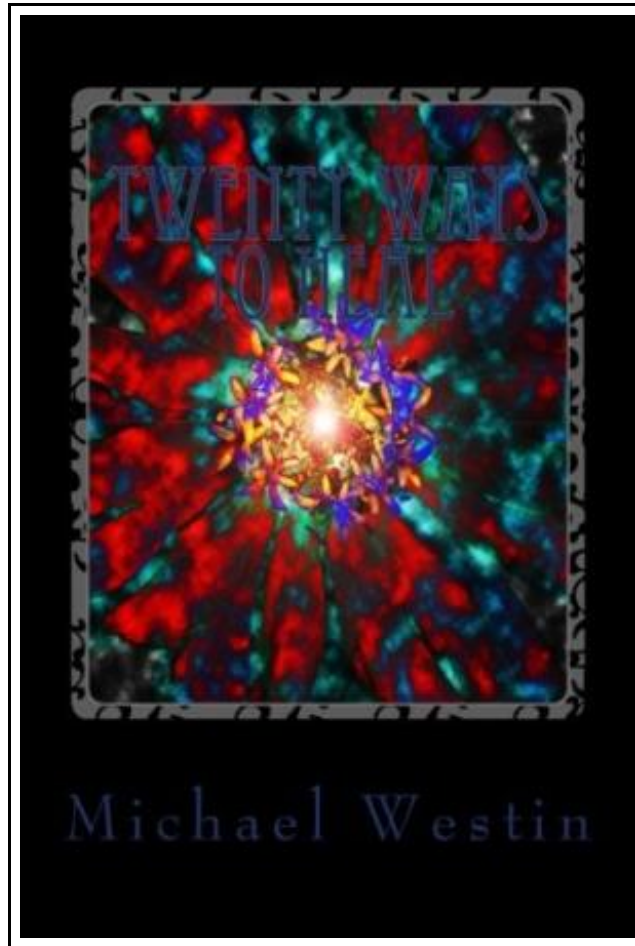


Twenty Ways To Heal



Filesize: 9.69 MB

Reviews

Extremely helpful for all type of folks. It generally is not going to expense a lot of. I found out this book from my dad and i advised this book to find out.

(Melany Goyette)

TWENTY WAYS TO HEAL



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Micheal Westin. Paperback. Book Condition: New. Paperback. 176 pages. Dimensions: 8.9in. x 5.9in. x 0.6in. Everyone has external, thing goals, but many people forget that the quality of life is not determined solely by your external success, but also, by the quality of feelings that you have each day. This book approaches that directly. Using systematic creative visualization and conditioning, with NLP and the 20 Ways, you can explore many facets of personal development in this concise and easy to read book. Twenty Ways is an explorative guide that can create a direction on how to create internal awareness and feeling goals. Having really good feelings every day is known to create natural healing chemicals or endorphins in the body and reduce stress, which is healing and health enhancing. Yet, most have never learned how to influence their internal worlds. This book is about developing emotional intelligence and about how transforming thoughts and conditioned environments can create deeper satisfaction in peoples everyday lives. And this can expand our own personal emotional palettes, in turn enhancing personal energy and creating a more holistic mindset, which can be transformative. Having traveled in 35 countries as well as learning some of the best of the East and Wests Healing Paradigms, make this book an interesting and unique read. This book is for individual, not social change in particular. It is written to be of usefulness to anyone seeking to understand how something changes inside themselves or others and the understanding of internal processes. It is for individual well being: the personal quality of feeling that you feel. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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