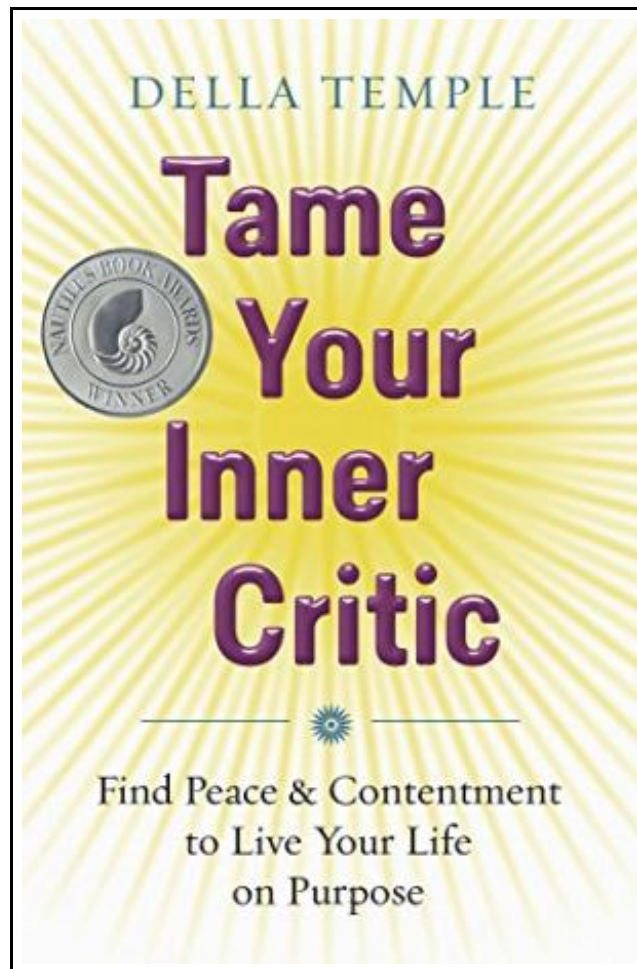


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Llewellyn Publications,U.S. Paperback. Book Condition: new. BRAND NEW, Tame Your Inner Critic: Find Peace and Contentment to Live Your Life on Purpose, Della Temple, Tame the negative chatter of your inner critic and replace it with the voice of inner guidance-your spirit. Uncover the authentic you and find peace and contentment while living your life on purpose. Tame Your Inner Critic takes you on a journey of self-discovery, where you will explore the energy of your thoughts and feelings and learn to turn the negatives into positives. Discover how to use innate intuitive abilities to heal your inner self and discard judgments and criticisms that have built up over the years. With tools, meditations, and thought-provoking exercises, you'll enhance your learning and delve deeper into the topic of self-awareness. By journey's end, you'll have discovered your own true north-your life's purpose.



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