



Self-Help Condensed: How to Create a Happy, Healthy, Wealthy, Fearless Life (Paperback)

By Tess Sparhawk

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English. Brand new Book. Self-Help Condensed, is my attempt to capture the many things I've discovered over the course of my spiritual journey in a concise format. I wanted a summary of what I learned so I could go back and review, because I'd forget something important. In this book, you will learn to: - Be happy - Make more money - Gain courage and confidence - Stop being a people pleaser - Let go of fear - Reduce illness and stress - Stop giving your power away - Deal with controlling or negative people This book provides a step-by-step process with practical exercises to help you create the life you desire.



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