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## Working With Spirit Guides: Simple Ways to Meet, Communicate with and be Protected by Your Guides

By Ruth White PhD, MPH, MSW

Little, Brown Book Group, United Kingdom, 2012. Paperback. Book Condition: New. Reprint. 196 x 126 mm. Language: English . Brand New Book. Do we all have guides? Who are they, and what do they do? In WORKING WITH SPIRIT GUIDES, bestselling author Ruth White explains all you need to know about these special beings: What their purpose in our lives is; how to identify and communicate with them; and what to expect from them. Ruth tells her own amazing story and those of others, and includes easy-to-follow exercises for activating your sensitivity and intuition and helping you on the path to inner wisdom. You will discover how to: \* recognise and communicate with your guid \* increase your awareness through meditation \* ask the right questions and receive the right answers \* work with your dreams and intuition \* guard against false guidance \* find your sense of purpose and follow your destiny.



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