



Awaken the Secret Within: Keys to Joyful Living (Paperback)

By Anne E Angelheart

iUniverse, United States, 2008. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****. Awaken the Secret Within provides the tools to help those on a personal journey of self-discovery to balance mind, body, and spirit and tap into unlimited potential and natural talents, ultimately creating happiness in all areas of life. Anne Angelheart, a professional Soul Reader and Transformational Coach, coaches and provides practical advice on how to unlock hidden secrets and wisdom in order to move forward and live from an open heart. Through the introspective questions, meditations and exercises included, Angelheart helps you explore ways to become conscious of the parts of your past that keep you stuck in the present, teaches you how to listen to your inner voice, and assists you in revealing what you truly want in life. You will learn specifically how to: Reconnect with your inner child Transform emotional chords See things from a different perspective Benefit from the power of words Exercise and develop your intuition If you are ready to shed your false layers and heal your past, Awaken the Secret Within will help you realize that your journey to awaken...



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