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The 21 day consciousness cleanse: a breakthrough program for connecting with your soul's deepest purpose. by Ford, Debbie. Publication date 2009. Topics Soul, Self-actualization (Psychology) -- Religious aspects, Spiritual life, Spiritual life, Soul, Self-actualization (Psychology) -- Religious aspects.

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21-Day Consciousness Cleanse Written by & Adapted from a powerpoint presentation by Juanita Pierre-Louis January 31st, 2019 Every day of the month is a powerful time to assess where we've been, acknowledge where we are right now and dream our most beautiful life into being.

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By Debbie Ford ISBN: 978-0-06178-369-2 (HarperOne, 2009) From my experience I know the necessity of dissolving old, outdated, and dysfunctional beliefs that do little more than instill guilt, fear, and negative thinking into our lives. This is covered extensively in Week One while dealing with the past. In Week Two I was able to see... Read more »

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