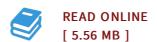




Mirror Work: 21 Days to Heal Your Life

By Louise Hay

Hay House UK Ltd, United Kingdom, 2016. Paperback. Book Condition: New. 178 x 129 mm. Language: English . Brand New Book. A mirror reflects back to you the feelings you have about yourself. It makes you immediately aware of where you are resisting and where you are open and allowing. The most powerful affirmations are those you say out loud when you are in front of a mirror, looking deeply into your eyes. - Louise Hay Mirror work has long been Louise Hay's signature method for improving your relationship with yourself and leading a joyous and fulfilling life. Now, for the first time, Louise outlines this simple and beautiful practice in one book and shares a 21-day programme in which you will learn techniques for: - letting go of your past - building your self-esteem - releasing your anger forgiving yourself and those who have hurt you - healing your relationships - living stress-free .and much more! Discover all the ways in which mirror work can be a powerful tool for positive transformation and self-care.



Reviews

Good eBook and useful one. It is amongst the most remarkable ebook i actually have study. You can expect to like the way the article writer publish this pdf.

-- Prof. Armand Senger DVM

Absolutely essential go through book. It can be rally fascinating through studying period of time. You wont truly feel monotony at at any time of your respective time (that's what catalogues are for concerning in the event you question me).

-- Roberto Leannon

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Book Condition: Brand New, Book Condition: Brand New,



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



Taken: Short Stories of Her First Time

Speedy Publishing LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Taken is the intimate and sensually heated account of two virgins and how they lost their virginities....



Speak Up and Get Along!: Learn the Mighty Might, Thought Chop, and More Tools to Make Friends, Stop Teasing, and Feel Good about Yourself

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Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****. The Children's Handwriting Book of Alphabets and Numbers provides extensive focus on alphabet tracing and number tracing for the...



I Am Reading: Nurturing Young Children s Meaning Making and Joyful Engagement with Any Book

Heinemann Educational Books, United States, 2015. Paperback. Book Condition: New. $234 \times 185 \,$ mm. Language: English . Brand New Book. It s vital that we support young children s reading in ways that nurture healthy reading identities, that foster an attraction to...