



# Heaven Now: A Guidebook to Emotional, Physical, Social, Sexual Spiritual Peak Performance

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By Jan Lightfoot Phd

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A significant problem associated with social institutions and organized religion is enslavement of the mind to external validation, creating codependent citizens who do not think for themselves. This book was written to help you connect with your own internal teacherGod within you, so that you may distinguish this voice from all other voices (your voice, the evil ones voice, voices of authority figures versus Gods voice of truth), and to empower you to live at your peak performance. You will learn: \* To distinguish Gods voice, that dwells within you; \* To follow and dwell in communication with Gods voice within you; \* To be physically, socially, secularly, sexually and spiritually balanced; \* To heal, forgive, and grow in all aspects of life and Godliness; \* To know Gods plan for your life; \* To limit barriers to your plan; \* To make a realistic life plan considering pros/cons, time frame and ability; \* To depend only on God and yourself and to enjoy interdependence with others for a greater good; \* To live at...



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