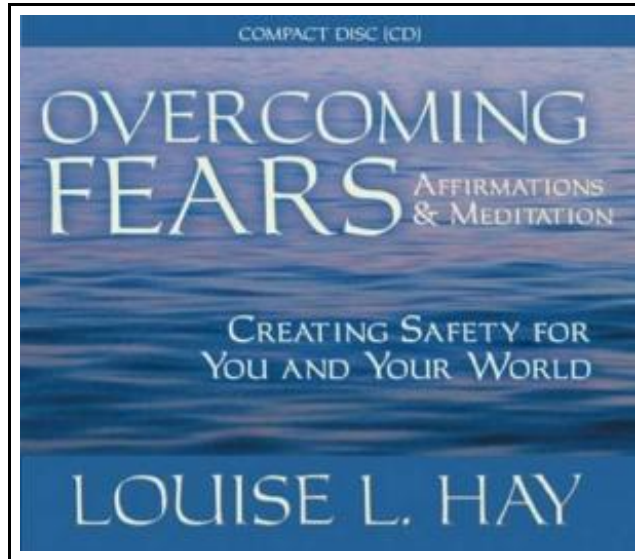


Overcoming Fears



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Reviews

I just started off reading this article ebook. It is actually written in basic words and not confusing. I am just very happy to let you know that this is the best ebook I actually have read through inside my individual daily life and can be the finest ebook for possibly.
(Dayne Johns)

OVERCOMING FEARS



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Hay House. No binding. Book Condition: New. Audio CD. 1 pages. Dimensions: 5.6in. x 4.9in. x 0.5in. On this CD best-selling author and lecturer, Louise L. Hay, helps you overcome fears through the positive strength of mediation and affirmations. By listening, you can change your negative thought patterns into healthy, positive ones. Louise's meditation visualizes a world where it's safe to grow and love each other without fear. She stresses the importance of loving your inner child, and her vision of the world as a secure, loving place will help give you the confidence and power to make your own contribution to a productive and caring society. Repeat the affirmations on this CD as often as possible. They will help you change long-standing negative thoughts into ones of self-love, self-worth, and self-esteem. You'll begin to appreciate who you are as you release past programming. Soon you'll have an abundance of health, energy, and well-being developing within you. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Audio CD.



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