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Soul Coaching: 28 Days to Discover the Real You

By Denise Linn

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Soul Coaching: 28 Days to Discover the Real You, Denise Linn, Soul Coaching is a 28-day programme in which each week deals with a different aspect of your life: mental, emotional, physical and spiritual. Through the use of the Native American Medicine Wheel, a series of self-examination questions and daily activities, you are taken through a revealing odyssey of your life so you can begin to hear the secret messages from your soul. This book is for you if you want to know:--Who you are--Why you are here--What your mission is This book is also for you if you are ready to stop:--Putting everyone else's needs above your own--Living life at a frantic pace--Doubting yourself--Not loving yourself Based on techniques that Denise Linn has developed over more than 30 years, gathered from native cultures throughout the world, as well as techniques from her Soul Coaching seminars, this book can transform your life for ever.



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