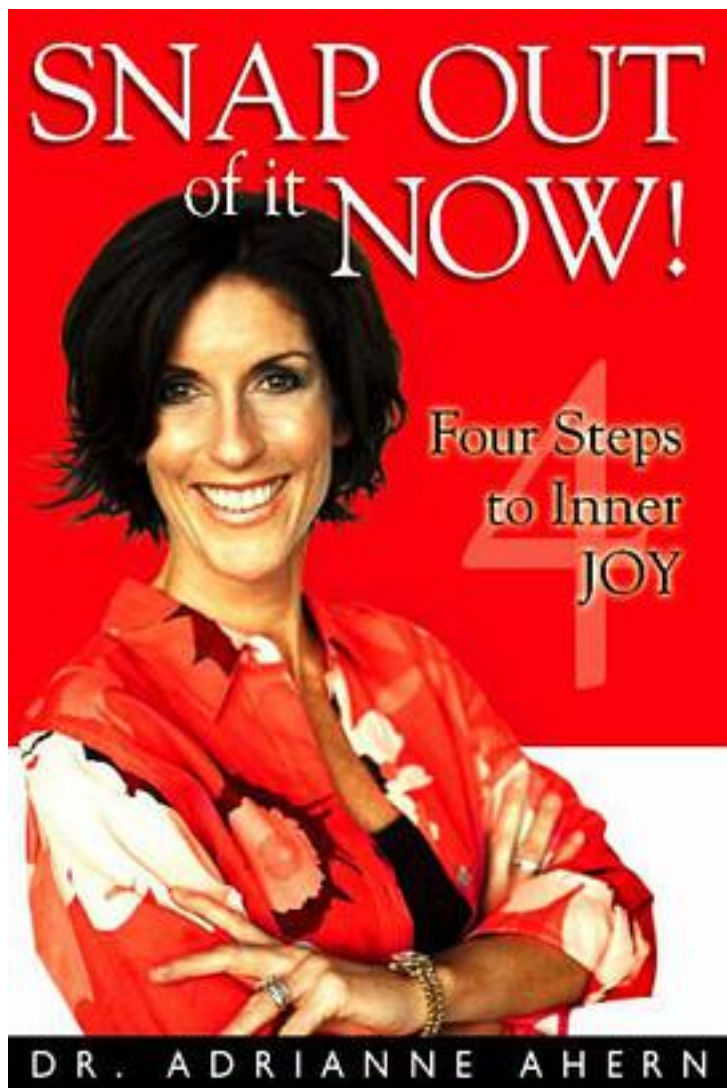


Snap Out of it Now!



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Dr. Ahern's 4-step method teaches you to stop the negative thinking, look at what you really want for yourself, listen to the feelings in your body -- your inner guidance -- and breathe away the negativity. These are the keys to connecting with your inner joy. Snap Out Of It Now! teaches you to work with your resistant negative conditioning so you will be successful with any project you undertake.

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