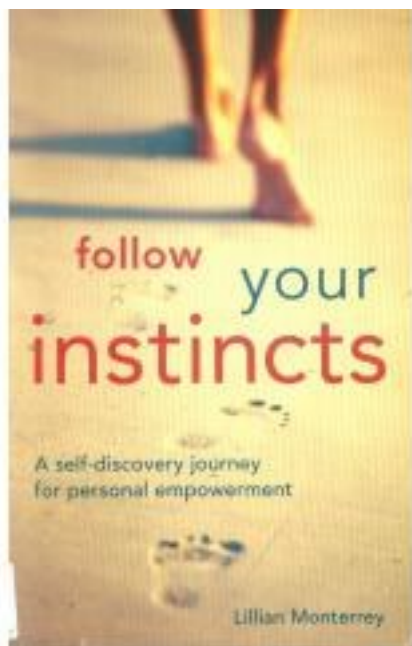


# Follow Your Instincts



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Follow Your Instincts is a simple-to-follow guide to understand, connect with, and follow your instincts. It is an inspirational and motivational book that will help you travel the road into a Self-discovery journey for personal empowerment. This book will give you the following benefits:

- Improve relationships with yourself and others.
- Improve your communication and assertiveness skills.
- Find true intimacy in your life.
- Develop the ability to set boundaries.
- Understand anger and use it effectively.
- Eliminate resentments.
- Free yourself from guilt and know when guilt is used to manipulate you.
- Manage your fears and remove unnecessary ones.
- Achieve financial security and have time to enjoy it.
- Experience true happiness.

作者介绍:

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