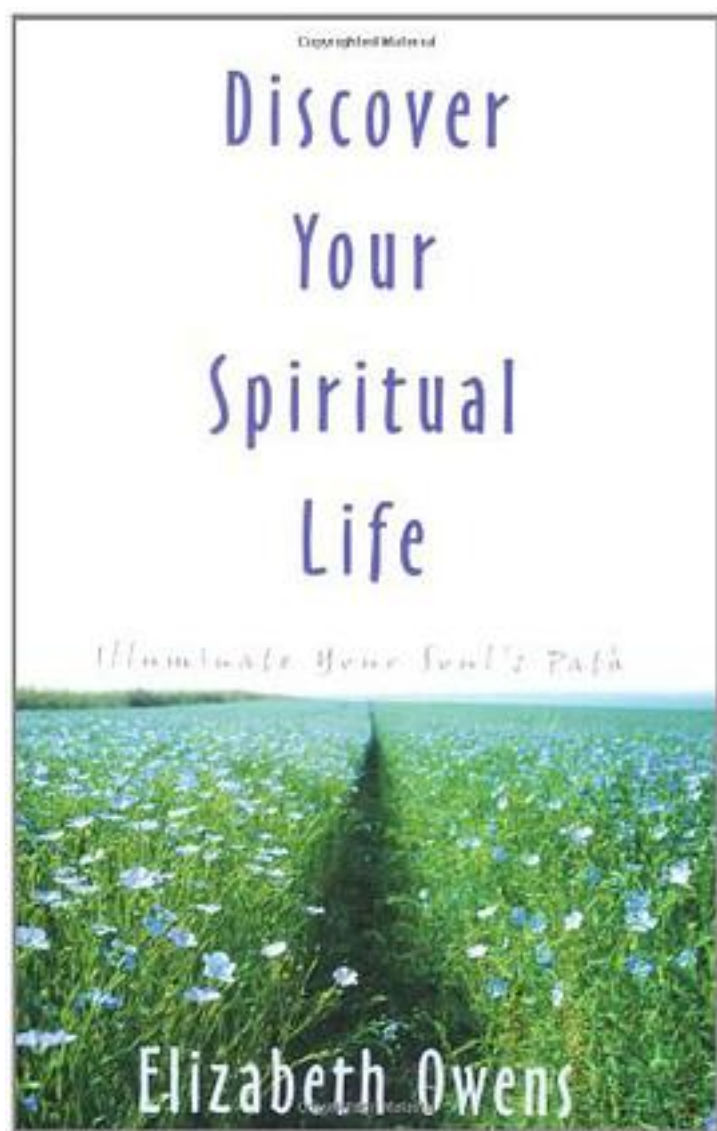


Discover Your Spiritual Life



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著者:Owens, Elizabeth

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In Discover Your Spiritual Life, spiritualist medium Elizabeth Owens gives you the tools to connect with the higher guidance that, she says, already resides within yourself. Learn a life-changing method for handling problems and disappointments. Discover effective ways to meditate, pray, create affirmations, forgive those who have hurt you, and practise gratitude. Process painful emotions and thoughts quickly through the art of becoming a balanced observer.

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