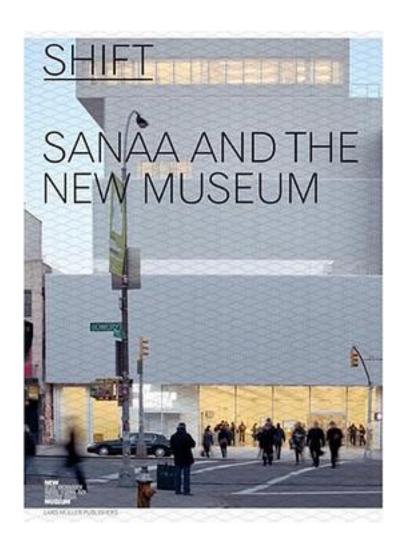
Shift



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Are you feeling stuck? In your relationship? In your physical condition? In your Life? Would you like to remove the obstacles in your path that keep you from experiencing

| more joy and Love? Shift: A Woman's Guide to Transformation gives you specific practical tools and exercises to assist you in removing the self-sabotaging roadblocks that prevent you from creating the life you choose to live. At the end of each key, the authors provide real-life examples of people who have used their concepts and techniques to transform their lives. |
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