

# Shift



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出版者:

出版时间:

装帧:

isbn:9781600376160

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.

作者介绍:

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