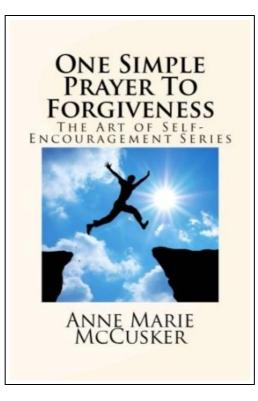
One Simple Prayer to Forgiveness: The Art of Self-Encouragement Series (Paperback)



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Reviews

Unquestionably, this is the best operate by any author. It is among the most amazing pdf i actually have read. Its been designed in an remarkably basic way which is just right after i finished reading this pdf by which basically altered me, change the way i believe. (Harold Spencer)

ONE SIMPLE PRAYER TO FORGIVENESS: THE ART OF SELF-ENCOURAGEMENT SERIES (PAPERBACK)



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Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Feelings of relief and release, energized with freedom. can it really be simple? Is it possible to: Let go of something that has bothered you for a long time - with willingness and one prayer? Release pain from your mind and experience freedom? Learn a simple, 3-5 minute healing meditation with satisfying and amazing results? Yes, it is and so much more. One Simple Prayer to Forgiveness is the result of a 13-year quest for freedom from trauma, release from a nagging lack of self-confidence and an all-consuming desire to understand the unquestionable personal-healing-power that is in each individual on the planet. Anne Marie McCusker locked on to ONE question until she found the answer for herself: If the body re-creates every cell within itself in seven (7) years, why would I continue to create disharmony and illness inside myself? After that question - right then and there she began to affirm what she really knew to be true: There is NO-THING wrong with me. This one principled, higher-ordered thought has led to the creation of The Art of Self-Encouragement Series, with One Simple Prayer to Forgiveness being the 1st book released in the series. The benefits of resolving internal conflict that can be experienced through this process are: 1.Old, Negative Patterns of Thinking-Feeling Will Dissipate 2.Learn to Manage Your Thoughts and Feelings 3.Feel Love and Connection with Yourself 4.Experience Less Fear and Anxiety 5.Deconstruct Trauma Safely 6.Increase Daily Energy 7.Resolve Anger 8.Heal Grief And that s. just the beginning of the process. Once you have released old, worn-out patterns of thinking and feeling, you will begin to experience new vitality, inner strength and courage. Internal resources you did not...

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