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## The Safest Place Possible Companion Workbook (Paperback)

By Debbie Mirza

Debbie Mirza Coaching, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you long for a safe place? This Companion Workbook offers exercises that relieve the everyday fear and anxiety, bringing you back home to yourself. Recognize your natural rhythm and more deeply connect with your authenticity by implementing the changes Debbie shared in her transformative work *The Safest Place Possible: Becoming Who You Are Meant To Be*. In this Companion Workbook you will: Discover your true value Learn that you are lovable Understand how unconscious beliefs sabotage your happiness Realize the importance of emotions and know what to do with them Included are 21 empowering exercises, many that directly relate to an accompanying chapter in *The Safest Place Possible*. Read that chapter, step outside your comfort zone, be brave and then do the exercise. Each exercise includes lots of space to write and ponder - reflecting on your new-found self-wisdom. There are extra pages in the back where you can journal: capturing brilliant insights, facing the painful parts holding you back and celebrating the joyous loving you emerging. These exercises are gentle yet take you on a journey in a loving way, resulting in profound...



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