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FINDING THE GORGEOUS IN YOU: A TOOLBOX FOR LIFE (PAPERBACK)



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Lulu Publishing Services, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Every one of us has an inner spark inside, just waiting to be released into the world. In Finding the Gorgeous in You, Lisa Bowen, a therapist and coach, shares lessons learned and practical advice that will help anyone let go of old belief patterns, find their own unique Gorgeous, and create a new fulfilling reality. With a fun and easy-to-follow style, Lisa offers valuable advice, personal stories, and playtime exercises that teach others how to stop selfsabotaging behaviours; commit to loving and honouring themselves; meditate to gain clarity; remove negative influences; develop an attitude for gratitude; and practice forgiveness. Included are seven introspective questions to start and end each day as well as a charting tool to help stay on track. Finding the Gorgeous in You offers anecdotes and tools from a therapist that guides others to discover their inner spark and ultimately use it to influence the world in a positive way.

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