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Make Miracles in Forty Days: Turning What You Have into What You Want

By Melody Beattie

Simon & Schuster. Paperback. Book Condition: new. BRAND NEW, Make Miracles in Forty Days: Turning What You Have into What You Want, Melody Beattie, In this inspirational guide, bestselling self-help author Melody Beattie shows us that we have the ability to make a miracle for any circumstance we're facing. In Make Miracles in Forty Days Beattie now offers the ultimate distillation of what she knows about gratitude, surrender, and connecting with our essential power. She challenges us to be more present each day and details a six-week action plan, the Miracle Exercise, to jump-start transformation in our lives. After completing a series of activities, we'll establish what miracles we'd like to create, and then she'll walk us through practicing this innovative exercise alone, with a partner, and even with our children. Beattie instructs us to be thankful for everything in our lives; we need to express gratitude for what we have and who we are. It is crucial that we are grateful for recognizing what is upsetting and bothering us. Through acknowledging the pain that we're feeling, we can excise any denial or resistance that is holding us back. As we progress over the forty days, instead of feeling lost, numb,...



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