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The Sedona Method

By Hale Dwoskin, Jack Canfield

Sedona Press, United States, 2015. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. Validated and proven effective by a Harvard Medical School study and results from tens of thousands of people throughout the world for over a quarter of a century, The Sedona Method is a quick, easy, highly-effective, yet elegant way for you to protect and expand your sense of inner security and well-being-even in today's challenging and demanding environment. The Sedona Method will show you how to access your natural ability to let go of any unwanted thought or feeling on the spot-even when you are right in the middle of life's greatest challenges. This will free you to quickly and easily have all that you choose. In short, The Sedona Method will show you how to enjoy living a happier, more productive, more satisfying, more loving and joyous life. Because our world has changed so radically, letting go is a critical survival skill that we all need in order to maintain and expand upon the life that up until now we may have taken for granted. Tapping your natural ability to release will allow you to produce results far beyond...



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