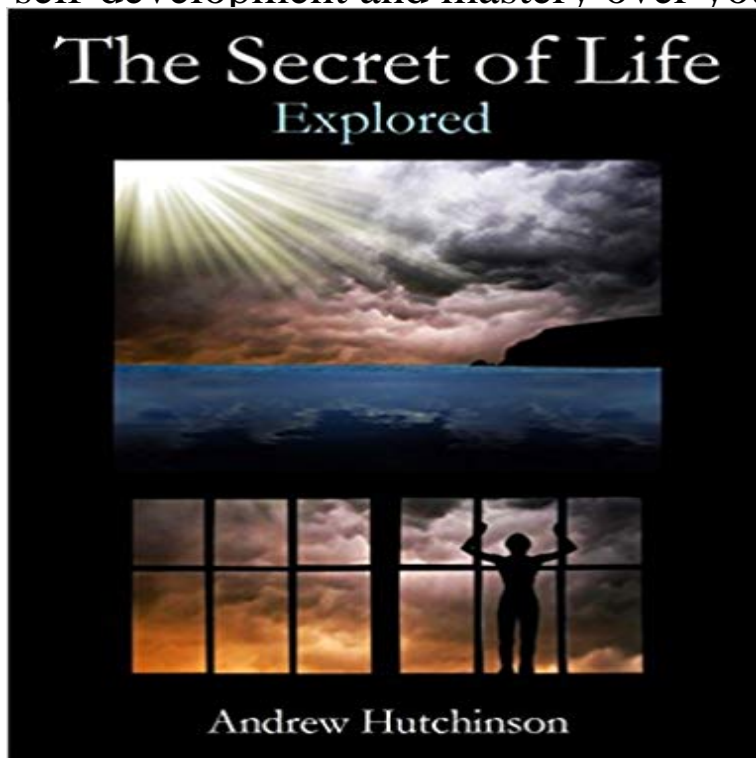


## The Secret of Life Explored (Change your life in a day with instant self-development and mastery over your anxiety and stress. Book 2)



The Secret of Life - Breaking free from our prison. ...thought provoking and moving... Mind Body and Spirit ...an inspirational journey... YOGA Magazine ...an enlightening experience... Fate and Fortune

In this second visit to the Secret of Life we begin to look at ingrained beliefs that hold us all back. We will uncover many destructive patterns that go unrecognized and keep us trapped in a cycle of limitation. This is a truly freeing experience that helps you move forward with greater insight and understand why you make the choices you do, and why some of them are flawed. The Secret of Life Explored is an updated version of the title Nine Ways to Touch the Soul that has helped thousands of people find a new relationship with themselves and with others. It will allow positive change into your life that you may never have believed possible. The Secret of Life Explored After understanding how life works from book one, this second book will take you step by step through a revealing process of self awareness as you use the creative side of the brain to uncover hidden thoughts and gain a greater understanding of:

Relationship Breakdowns  
How to Change your Life  
Why things fail  
Finding Yourself  
Believing in the future

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