



You Can Do It Too!: Find Self Worth, Be Authentic and Heal Your Past

By Nancy Newman

Burman Books, Inc., United States, 2014. Paperback. Book Condition: New. 175 x 127 mm. Language: English . Brand New Book. Unfelt emotions from our childhood, past life trauma and our lack of self-worth affects our emotional and physical health and holds us back in life. Through reminders and exercises she shows you how to be authentic, restore your self-worth and heal past wounds to create a positive, fulfilled and healthy life for yourself. Hypnotherapist and teacher to youth prison inmates will show you how to gain a new respect for yourself.



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