

Have you ever been depressed? Have you ever felt unloved, frightened, alone? All of us have suffered such feelings at times. But we all have the power to change our lives by changing our attitudes. The techniques for self discovery and self affirmation that you find in these pages will help you every day of your life. You will discover how to free yourself from the great cripples; guilt, remorse, resentment. You will be taught how to be tranquil in these anxious times. You will learn how to set goals for yourself and accomplish them. You will learn how to find your best qualities, how to use your talents to become a winner.

Dear Juliet: An Unsent Letter (Juliet Takes Flight Book 2), Das Master Key System: Lebe Dein Leben auf hoheren Ebenen (German Edition), Better Off Wed?: Fling to Ring--how to Know Which Finger to Give Him, Cabin Fever (Unnatural Lover #1), HEAT Vol. 4: Master Chefs: Heat Series, Eden, One Good Man (Mills & Boon Blaze),

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