



Seeds of Change

By Eva Suzannah

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, Seeds of Change, Eva Suzannah, "Seeds of Change" is for people who face life changing situations or find themselves at a crossroads and who would find a mind-body solution appealing. Unlike most other books on the subject, it allows you to find your own solid foundation, your own voice and offers enough information to enable you to make healthier choices in mind, body and spiritual matters as well as being better able to establish healthy relationships and become more resilient to the stresses of modern life. The book has guided imagery exercises that are either "food for thought" (seeds of change) or practical, interactive exercises that will help you find your true identity, and help you identify what changes to make first and how best to succeed.



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