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### HOW TO FEEL GREAT ABOUT YOURSELF (PAPERBACK)



W Foulsham Co Ltd, United Kingdom, 2005. Paperback. Condition: New. Language: English . Brand New Book. Throughout life we are managed by our subconscious, using programmes laid down in childhood. These programmes create comfort zones - not all of them good. For example, if you were indulged with sugar as a child, then that's what's going to make your subconscious comfortable today. And subconsciously you will be continuously urged to maintain these bad levels of sugar. HVT reprogrammes...

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- Authored by Steve Wharton
- Released at 2005



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