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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...

Read PDF How to Feel Great About Yourself (Paperback)

- Authored by Steve Wharton
- Released at 2005



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