



Essence: Ending Emptiness, Finding Fulfillment (Paperback)

By April Adams

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Learn to do more than just live your life-learn to thrive in it with April Adams's enlightening new book *Essence*. Using her years of experience helping people move from a place of feeling empty and alone to feeling emotionally, mentally, and spiritually satisfied, April gently guides readers through a journey of peaceful self-fulfillment. By employing a unique healing modality, April taps into the very essence of what makes us human in order to teach everything she knows about the mind, energy, and the divine. Instantly engaging while remaining refreshingly accessible, *Essence* will leave readers with a stronger sense of empowerment, completion, healthiness, and happiness. In addition to the written matter, *Essence* provides digital bonus materials to complement the lessons found within. These include a meditation training series, healing activations, videos, guided meditation exercises, worksheets, and even mp3s that can be used to make your own customizable hypnosis recordings. Whether you're coming from a place of darkness or simply want to improve your appreciation for life, *Essence* will help you gain the center and balance you crave while setting...



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Reviews

This written ebook is fantastic. It is probably the most incredible ebook we have read. Its been written in an extremely basic way in fact it is just following i finished reading this publication where basically modified me, affect the way i think.

-- Howell Reichel

This book will never be straightforward to start on looking at but extremely exciting to read. I actually have read through and that i am sure that i am going to gonna go through once more again in the future. I am happy to explain how this is the very best book i have read through in my individual lifestyle and may be he best publication for at any time.

-- Estrella Howe DVM