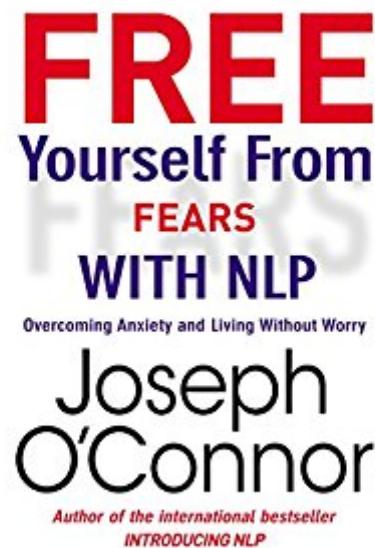


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Free Yourself From Fears With NLP: Overcoming Anxiety And Living Without Worry



Synopsis

This practical audiobook will help you to know when to trust and when not to trust, how to develop your intuition to stay safe when there is real danger, how to deal with worry and change in light of an uncertain future and, most importantly, to be in the here and now, living your life to the fullest.

Book Information

Audible Audio Edition

Listening Length: 7 hours and 47 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Gildan Media, LLC

Audible.com Release Date: June 1, 2015

Language: English

ASIN: B00YOADMCA

Best Sellers Rank: #86 in Books > Self-Help > Neuro-Linguistic Programming #264 in Books > Self-Help > Anxieties & Phobias #291 in Books > Health, Fitness & Dieting > Mental Health > Mood Disorders

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