



Manifesting Magnificence: A Personal Growth Workbook (Paperback)

By Gina Meyers, Allan G Hedberg, Liz Longo

Serendipity Press, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Do you want to have change in 2015? Do you want your life to truly be the life of your dreams? A new year gives us a chance for a fresh start, a new beginning. Imagine breaking those silly self defeating habits and finally embracing your complete and total magnificence. Manifesting Magnificence: A Personal Growth Workbook, is the change you have been craving! Providing a road map for your future with simple exercises by expert/coaches to help you achieve success in mind, body, and spirit. Create the feeling of what you want NOW. Chapters include: Using The Law of Attraction and Dreamboards to Live Fully (Visionary Anita Rani), Tune in, Tap in, Turn on, An Easy Guide to Meditation (Yoga Master, Richard Parenti), The Building Blocks of Self-Esteem (Clinical Psychologist Dr. Allan G. Hedberg), Move Past Your Obstacles and into your Magnificence (Drama Therapist Cecelia M. Klinger), The 21st of Every Month, A Plan for Keeping Your Life in Balance (Professor Linda Ferrari), Feel Good Food Recipes (Cookbook Author Gina Meyers), Tips for Parents (Artist Liz...)



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