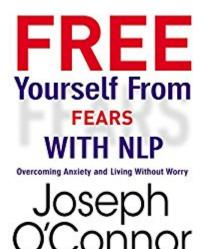
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Free Yourself From Fears With NLP: Overcoming Anxiety And Living Without Worry





Author of the international bestseller INTRODUCING NLP

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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