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## Psychic Self-defence and Well Being (2nd edition)

By Melita Denning, Osborne Phillips

Llewellyn Publications,U.S. Paperback. Book Condition: new. BRAND NEW, Psychic Self-defence and Well Being (2nd edition), Melita Denning, Osborne Phillips, Deliberate psychic attack is very rare. However, your psyche is constantly under attack from friends and strangers, advertisers and politicians who want to manipulate you. Luckily, there is a solution--Denning and Phillips" "The Llewellyn Practical Guide to Psychic Self-Defense. "The best way to overcome attacks on your psyche is through awareness that they are occurring. This requires you to become more awake and alert to this bombardment. Part of the technique is to understand how this attempted manipulation works. By studying this book you will gain that knowledge. The result is that the psychological intimidation that has been used on you in the past will no longer control you. There are two types of psychic attack. The first kind is attack by a person who has not had any occult training. He or she may feel slighted or betrayed by you (based on actual or imagined situations) and hold on to negative emotions. Eventually, unknown to that person, the negative energy can leap out, directed at you. This book reveals that your aura is your best line of defense. By using...

### Reviews

*Merely no words and phrases to spell out. It is actually written in basic words and phrases instead of difficult to understand. Your way of life span will probably be enhanced as soon as you complete reading this article ebook.*

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*Complete information! Its such a great study. It is probably the most amazing book i have got study. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

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