

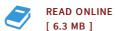


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Naturally Powerful : 200 Simple Actions to Energize Body. Mind, Heart & Spirit

By Wells, Valerie

New York, NY, U.S.A.: Berkley Publishing Group, 1999, New York, NY, U.S.A., 1999. Trade Paperback. Book Condition: New. First Edition. 12mo - over 634" - 734" tall. Trade Paperback. First Edition. 12mo - over 634" - 734" tall. 1st Ed. so stated, 1st Printing, Trade PB, new, 227 pp. This unique and inspiring book of activities draws upon ancient wisdom and modern mind/body techniques to energize and empower every facet of your life. 200 simple actions, meditations, exercises, healing rituals, energy activators, focusing techniques, affirmations, visualizations, and more.



Reviews

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-- Cale Hansen Sr.

Complete guide! Its such a great study. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Dr. Hermann Marvin PhD

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