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## The Power of Intent: Four Powerful Steps That Will Change Your Life (Paperback)

By Patricia Gallant

New Generation Publishing, United States, 2006. Paperback. Book Condition: New. 198 x 122 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. [Patricia s] four simple tools will, when used, profoundly change daily experience, enhance awareness and empower changes. Marilyn Gustin, Ph.D., professional life coach and workshop facilitator, author of A Gate Ajar [Patricia] has woven her psychotherapy and healing skills all together with finesse and compassion. Merlin Perkins, certified yoga instructor and wellness coach These Four Steps are a healing balm to my mind after a day in our over-stimulating, challenging world. Deborah Marsteller, MA, psychotherapist The inherent wisdom and simplicity of the Four Steps continues to help me. trust. my own creative potential and the power of possibility. Alicia Mary Smith, quantum healing and transformation practitioner/workshop facilitator, creator of Journeys to Inspire Ltd. Drawing on a wealth of experience and extensive research, Patricia Gallant, a qualified psychotherapist, has created this simple four-step programme to improve mental, physical and spiritual life. Combining simple affirmations with meditative breathing techniques, The Power of Intent will show you the path to complete spiritual fulfillment and harmony.



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