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ACHIEVING
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Giving Yourself the Gifts
of Happiness and Inner Peace

NATE TERRELL, LCSW

AUTHORHOUSE, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book will teach you how you can achieve self-compassion and find greater happiness and inner peace by: Being your own best friend Developing beliefs that work for you Knowing you are inherently worthy Not projecting your needs onto others Choosing happiness and peace of mind Taking great care of yourself Tuning into your -authentic self- Eliminating negative reactions Appreciating what you already have Enjoying...

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- Authored by Lcsw Nate Terrell
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