BOOKS



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The Unsuspected Powers of Our Wounds and Mental Blocks

Author: Isabelle Cerf Publisher : Exergue Category : Humanities and Non-Fiction Genres : Psychology/Psychoanalysis Keywords : Healing - Self-love - Betrayal

An introspective book to help get rid of mental blocks.

This book of constructive spirituality will help us listen to what we are running away from, learn to love the light and dark within us, get over mental blocks, and embrace ourselves as we are.

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