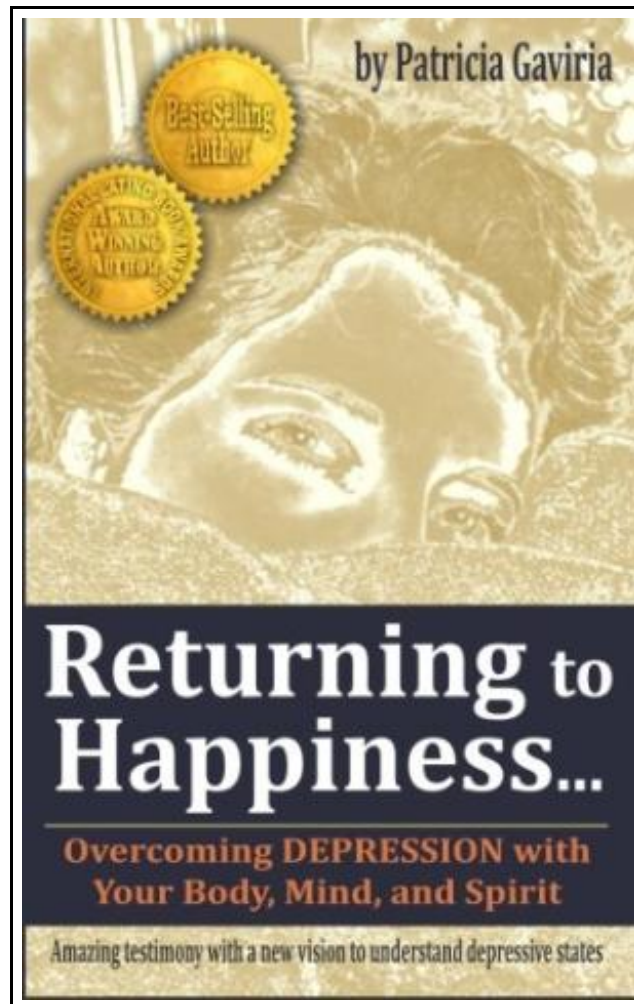


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Reviews


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(Dorothy Sawayn)

RETURNING TO HAPPINESS. OVERCOMING DEPRESSION WITH YOUR BODY, MIND, AND SPIRIT : AMAZING TESTIMONY WITH A NEW VISION TO UNDERSTAND DEPRESSIVE STATES (PAPERBACK)



Patricia Gaviria, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. AMAZON BEST-SELLER in Spanish version. #1 AMAZON BEST-SELLER in Portuguese version. * Award Winning Author. Amazing testimony with a NEW VISION to understand depressive states! * Have you lost the passion and joy for living? * Would you like to understand why you are trapped in feelings of sadness, anguish, apathy, hopelessness and/or low self-esteem with an unjustified reason? *Do you wish to be convinced that the true essence of human beings is to be fine, and that getting back your happiness is much easier than you ever imagined? If some of the answers were affirmative, then I invite you to read these pages. They tell how, after a battle with depressive states for more than 20 years and surrounded by strange events, I rebuilt my life positively and understand Depression from a very different point than the traditional one. Depression is presented by two approaches: - INTEGRAL, keeping in mind our three essential energy currents: Physical, Mental, and Spiritual. -NATURAL, offering simple, practical, non-medication solutions for tuning the original vibratory frequencies and to restore well-being. Congratulations if you accept this challenge, because this is not just the story of my life, but it could be the pathway that will transform. the story of your life. This title is also available in SPANISH PORTUGUES: ABOUT AUTHOR / Patricia Gaviria ***** * International Latino Book Award Winning Best-Selling Author. * Speaker Promoter of Personal Growth. * Accredited by life experience she is a real testimony of overcoming Depression. Patricia has been passionate about the reason of our existence understanding, always searching for pathways that allow her to grow positively. Since 2004 she founded a movement called Moving...

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