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Tapping the Power within: A Path to Self-Empowerment for Women (Anniversary edition)

By Iyanla Vanzant

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Tapping the Power within: A Path to Self-Empowerment for Women (Anniversary edition), Iyanla Vanzant, This is the revised and expanded edition of Iyanla Vanzant's first published work offers a powerful path to self-empowerment through the revitalisation of one's spiritual and ancestral roots. Written with Iyanla's signature healing stories, this classic guide to uniting the spirit and the will teaches that only you have the power to make a change for the better. With chapters on basic breathing and meditation techniques, setting up a home altar, connecting with ancestors and guardian spirits and the extraordinary power of forgiveness, this book is a perfect companion on the route towards the real you. Known for teaching by principle and example, this exclusive edition also contains Iyanla's special 'What I Know Now' commentaries and an original CD. Whether you are a beginner on the path or a veteran in need of refreshment, Iyanla's prescriptions can support your growth from the comfort of spiritual adolescence to the wisdom of spiritual maturity. You no longer need to settle for the way things are .you can open up to the way things can be - if you...



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