

Solemate: Master the Art of Aloneness Transform Your Life

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Reviews

Extensive information! Its this type of excellent study. I have read and i am sure that i will gonna go through yet again once more down the road. Once you begin to read the book, it is extremely difficult to leave it before concluding. (Aliyah Mayer)

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SOLEMATE: MASTER THE ART OF ALONENESS TRANSFORM YOUR LIFE



To read **Solemate: Master the Art of Aloneness Transform Your Life** eBook, remember to refer to the button listed below and download the ebook or gain access to additional information that are have conjunction with SOLEMATE: MASTER THE ART OF ALONENESS TRANSFORM YOUR LIFE book.

Hay House. Paperback. Book Condition: New. Paperback. 384 pages. Dimensions: 8.3in. x 5.3in. x 1.0in.ln Solemate, Lauren Mackler provides a groundbreaking road map to help people achieve mastery of their lives. Drawing from her own experiences; those of her clients; and the fields of psychology, physiology, sociology, holistic healing, and strategic business practices, Mackler provides the practical information, tools, and exercises to show you how to be independent and stand on your own two feet. Mastering the art of aloneness is about becoming the person you were meant to be, treating yourself well, and shedding the old beliefs and behaviors that limit your ability to live a healthy, happy, secure, and satisfying life. Quizzes and guided journaling help you identify the core limiting beliefs and fears that keep you from being whole and happy with yourself. Mackler teaches you to overcome these beliefs through deliberate living exercises that help align your actions with your desired results. She then helps you liberate your authentic self, so you know exactly who you are. Finally, she leads you through the process of creating a life vision to help you achieve any goal you set for yourself. Solemate is not about being alone, it is about developing the self-awareness, life skills, and emotional intelligence needed to live a full, happy, successful, and financially secure life. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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