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Balboa Press, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Cracking Up will provide the OCD sufferer with alternative methods of living with this disorder. Discover a way to have and enjoy a fulfilling life without all the suffering and hardships of OCD. In addition to using meditation to help connect with your angels and with God, you will also learn how to use Reiki, color therapy, chakra cleansing, diet and exercise, and even past life regression to figure out what best works for you. Each chapter describes personal experiences of author Maria Flaherty, as well as plenty of information to help you along your own journey of self-healing. It also reminds us that a little laughter and gratitude can go a long way. This lovingly written book will be a handy guide for those who want a different way to live with OCD.



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