

The 21-Day Consciousness Cleanse: A Breakthrough Program for Connecting with Your Soul's Deepest Purpose PDF Read by Debbie Ford eBook or Kindle ePUB Online free

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Synopsis Books:

THE 21-DAY CONSCIOUSNESS CLEANSE is an invitation to dedicate 21 days to building a profound and intimate relationship with your highest self. Within each us there lives a hungry ghost that is always craving more, whether it's money, fame, attention or material possessions. Our decisions and behaviors are too often guided by this ego-driven force that clogs our hearts and dominates our minds. If unchecked, it grows stronger and starts influencing all aspects of our lives. We get stuck in the past, avoid the present, and feel discouraged about our future.

Now, bestselling author Ford delivers a three part process that empowers us to let go of the toxic thoughts and destructive behaviors, and discover the deep peace that resides within.. We learn to let go of the past, get honest about the present, and envision the future of our dreams. THE 21-DAY CONSCIOUSNESS CLEANSE carries us on an incredible personal journey that will open our eyes to all that we are and all that we desire to be.

Tags

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