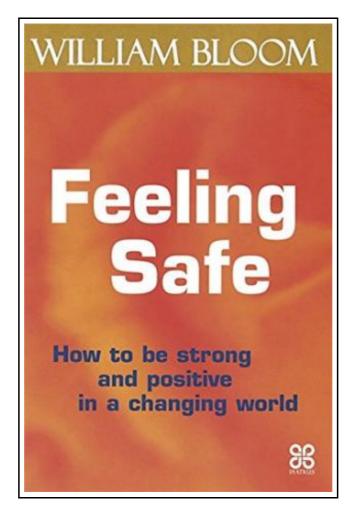
Feeling Safe: How to be Strong and Positive in a Changing World (Paperback)



Filesize: 8.7 MB

Reviews

This book is definitely not easy to get going on reading through but extremely exciting to see. I am quite late in start reading this one, but better then never. I am pleased to explain how here is the finest book i actually have read inside my individual daily life and may be he best book for ever.

(Mrs. Ellie Yost II)

FEELING SAFE: HOW TO BE STRONG AND POSITIVE IN A CHANGING WORLD (PAPERBACK)



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Little, Brown Book Group, United Kingdom, 2003. Paperback. Book Condition: New. 198 x 128 mm. Language: English. Brand New Book. Feeling safe is vital to leading a successful and healthy life. This much needed book provides effective strategies for managing the challenges and stimulation of modern living. Bestselling author Dr William Bloom shows you how to deal with life s unpleasant realities and, at the same time, be secure, strong and confident. He explains how to: *Increase your inner strength and confidence. *Maintain a calm body, open heart and generous mind. *Manage crises with courage and grace. *Protect yourself from negativity. *Make others feel safe and secure. *Be a positive influence for a better world.

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