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## The Ripple Effect: Finding Inner Peace and Harmony (Paperback)

By Anne Jones RGN

Little, Brown Book Group, United Kingdom, 2012. Paperback. Book Condition: New. Reprint. 196 x 124 mm. Language: English . Brand New Book. The Ripple Effect is based on simple principles for a fulfilling and empowering life. As we take responsibility for ourselves, improve our self-esteem, heal our emotions and release our anxieties, we become happier with ourselves and our world. And as we achieve this happiness and peace of mind for ourselves, we find it positively affects those around us. Using easy-to-follow techniques, popular healer Anne Jones teaches you how to awaken your sense of your own value and worth and how to find inner harmony. You will learn how to: \* Turn your dreams into reality \* Rediscover the spiritual truths that still hold good and translate them to meet your own needs \* Find a balance between the demands of family and work \* Get back to basics and rediscover the beauty of truth - and how to use it in your everyday life.



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