Create Your Own Happiness: A Seth Workbook, 1988, 139 pages, Nancy Ashley, 0131892266, 9780131892262, Prentice Hall Press, 1988

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The Happiness Makeover How to Teach Yourself to be Happy and Enjoy Every Day, Mary Jane Ryan, 2005, Self-Help, 194 pages. Presents a series of simple strategies that can help anyone overcome worry, envy, fear, and negativity to find the true joy in life, explaining how to transform habitual.

Contacting Your Spirit Guide, Sylvia Browne, Sep 1, 2005, Body, Mind & Spirit, 135 pages. Contacting Your Spirit Guide is divided into two parts. In the first section, Sylvia Browne helps you find your spirit guides? the entities who are designated by you and God.

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