



Sylvia Browne's Lessons for Life

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Sylvia Browne's Lessons for Life Sylvia Browne

In this unique eight-step program, Sylvia helps you to: realize your essence; identify your patterns; utilize past-life memories to your advantage; become more psychic; develop spiritual wealth; find the right relationship; deal with death and separation; and maintain a state of wellness. Along with her always-practical advice, Sylvia encourages you to engage in personal growth, and to enhance your life with healing affirmations and soothing meditations. Known for her candor and wit, Sylvia also shares her personal experiences along the road to understanding the nature of God and His plan for all of us. She explains that the challenges we encounter are not meant as punishments, but as learning opportunities for us to improve ourselves and the world around us. When we release guilt and fear, we make room for joy and fulfillment. As Sylvia says, by completing just one step a week, you will- through your own introspection- become more spiritual, which naturally leads to being more joyful, more at peace- and even more psychic.

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