



Break the Pattern: Connecting to the Power within to Create the Life You Want (Paperback)

By Robin Bela

Robin Bela, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Robin has a lot of wisdom to share, and I see her as a bridge between the East and the West. - Deborah King, New York Times best-selling author of Be Your Own Shaman Truth Heals. BREAK THE PATTERN: CONNECTING TO THE POWER WITHIN TO CREATE THE LIFE YOU WANT is a 30-Day programme that triggers processes to break you free from recurring undesirable patterns of thought and action, to pave the way for new programming within you. This is accomplished by learning to Connect To The Power Within through a series of systematic steps and daily exercises outlined in this book. The whole process is facilitated by focused working on your carefully defined Intents. The Intents are an expression of your heart's passionate desires and The Life You Want To Create. It is a workbook that covers practical tools to bring change in all areas of life including health, relationships with self and others, career and money. The book guides you to connect to your authentic Self and ignite the excitement to assume full charge of your life. Through...



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