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In10tions: A Mindset Reset Guide to Happiness

By Melissa Escaro

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, In10tions: A Mindset Reset Guide to Happiness, Melissa Escaro, How could 10 minutes a day be a game changer for your life? With In10tions, readers will discover how to reset their mindset and consciously make positive changes in their lives, while creating unlimited possibilities through their unconscious mind. In this inspiring guide, Melissa will lead you through a process to set the tone for your day, shift your perceptions, help you reconnect with who you really are, and create a reflective and meditative practice. even if you think you don't have the time! Our intentions can determine who we become and help us with the manifestation of what we want in our lives. Good or bad, intentions pave the road of our own personal journey of who we are now and who we are capable of becoming. It's time to ignite your intentions to create a life of happiness, acceptance, gratitude, abundance, and unlimited possibilities!.


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