

2 Easy Steps to Enlightenment: Permanently End Stress and Limitations (Paperback)



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Reviews

If you need to adding benefit, a must buy book. It can be filled with knowledge and wisdom I am easily will get a pleasure of studying a composed publication.
(Trevor Greenholt DDS)

2 EASY STEPS TO ENLIGHTENMENT: PERMANENTLY END STRESS AND LIMITATIONS (PAPERBACK)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Fastest, easiest way to enlightenment ever created! Unique and exclusive groundbreaking techniques will permanently end stress, give you complete mind control, free you of painful memories, worry, fear, anger, and sadness, simplifying the toughest issues that you face. Finally, spiritual seekers have an invaluable resource that speeds the enlightenment process through innovative exercises, analogies and detailed examination showing readers exactly how to rewire their brains and immediately see tangible results. Step 1 removes the Stress Paradigm with a simple three step process of Observe, Acknowledge, Let it go, which is the necessary discipline to get inside your mind and learn to control thoughts. Taking on the role of an observer rather than a reactor to thoughts provides immediate stress-relief. Step 2 provides a questionnaire of 214 questions revealing disempowering subconscious beliefs and then provides several methods to bypass the brain s self-reinforcing mechanism and remove unwanted beliefs that no longer serve you, propelling you to the realization of your limitless power. What the 2 Easy Steps lead to, is the ability to open up the subconscious mind, to consciously choose beliefs, permanently end stress, awaken your true nature, and then to transcend all of it. The resulting wisdom reveals that we are eternal energy beings, extensions of God s consciousness having a human being experience. Like a puppet who comes to life and suddenly realizes there s a puppeteer controlling the puppet. Breakthrough author Kurt Arrow suffered extreme mental health issues which led him from attempted suicide at age 15 to his quest to find true happiness. Suffering one disaster after another, severe depression, personality disorders, drug addiction, and horrifying nightmares over a 40-year span, he still managed to seek answers....

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