



Unraveling Ties That Bind: Book 1

Karen Nowak

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Unraveling Ties that Bind leads you into a masterful look at your inner world and what is keeping you from finding your inner joy, happiness and bliss. It is the brave soul who is willing to look within and discover the thoughts, feelings and belief systems that have them bound, keeping them from moving forward in life.

If you are ready to make a leap and change your world for the better, then explore your inner world, as Karen outlines in this book. It is a huge step in the right direction. Finding your heart and soul in the midst of all the clutter of thoughts, unhealed feelings and beliefs is the key to great spiritual awareness and helping you make your evolutionary leap in consciousness into self- love.

Your world will change for the good when you change the way you think! “Unraveling the Ties that Bind” will help you achieve that goal.

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