



Personal Development: Making Healthy Choices: Breaking Down the Barriers in Your Life

Hattie Spiritweaver

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Personal Development: Making Healthy Choices: Breaking Down the Barriers in Your Life Hattie Spiritweaver

We face many obstacles in our life and create our self-made barriers. At the same time others can also be barriers in our lives and sabotage our attempts to break out of abusive and self-defeating behaviors and relationships. This book presents awareness into what barriers may prohibit you from achieving your best self.

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