



Raise Your Vibration, Transform Your Life: A Practical Guide for Attaining Better Health, Vitality Inner Peace (Paperback)

By Dawn James

Lotus Moon Press (US), United States, 2011. Paperback. Book Condition: New. 201 x 137 mm. Language: English . Brand New Book. Say goodbye to stress! Learn the laws of vibration and start living consciously with grace and ease. Based on twenty years of research, interviews, and experiences, author Dawn James shares some simple and effective ways to regain balance in an unbalanced world, detox your mind and body, and embrace your innate intelligence and inner wisdom. Raise your Vibration, Transform Your Life is your personal roadmap to creating inner peace and harmony in all aspects of your life. Through a series of daily practices, exercises, and techniques you will be guided and inspired to break the cycle of stress and toxicity once and for all, and learn to make conscious choices that are beneficial to your well being. We are vibrational beings designed to be healthy and happy. It's time to reclaim your birthright.

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