



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

By Kurt Arrow

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,...



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Reviews

Great electronic book and useful one. It can be written in straightforward terms rather than difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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Absolutely among the finest publication I actually have actually go through. It really is rally fascinating through reading time. I am easily could possibly get a pleasure of looking at a composed ebook.

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