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The Sanctuary 30-day Journey to Stress Anxiety Freedom Includes Digital Soundtrack with Over 3 Hours of Guided Healing Exercises

By Mr Adam J Jordan

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 164 pages. Dimensions: 8.5in. x 5.5in. x 0.4in.In The Sanctuary, life coach and author Adam Jordan provides a practical and accessible journey that unites key knowledge from the fields of science, spirituality and psychology to fill you with empowerment. The combination of these schools of thought provides a more complete wisdom that gives you the power to not only manage stress, but to conquer it and heal the damaging effects it has had on your life. This book was inspired by Adams intense inward journey caused by a series of extremely stressful events. The result was a profound life transformation. Adam has since been devoted to understanding, integrating, and deepening that transformation to help others who may be faced with similar struggles of stress or anxiety. He is currently a successful counselor and teacher to those seeking to transform their lives. NOTE: DIGITAL SOUNDTRACK DOWNLOAD CODE IS ON CONTENTS PAGE. This item ships from La Vergne,TN. Paperback.

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