



60 Ways To Feel Amazing

Lynda Field

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Life is a precious gift, miraculous and amazing but we are not always able to appreciate this miracle fully. When we face obstacles and difficulties our lives can become such a struggle that we lose touch with the amazingness of it all. This little book is full of ways to bring the magic back into your life. All the techniques are simple, practical and tried and tested many times. Use this book to help you feel as amazing as you truly are.

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