



Intuitive Listening: How Intuition Talks Through Your Body

Christiane Northrup, Mona Lisa Schulz

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Learn how to achieve better health and a more vibrant life - to tune in even more deeply to the inner guidance available to you by understanding the language through which your body talks to you daily.

This information will help you in six major health areas, including:

The brain and mind, including memory, Alzheimer's, anxiety, and attention deficit disorder (ADD).

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