

[PDF] Know Yourself: A Woman's Guide To Wholeness, Radiance & Supreme Confidence

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Author: Barbara Rose

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Description:

Review A compassionate guide and workbook to help you reclaim your vibrant, true self. The early chapters are divided into stages--Birth to Age Eight, The Preteen Years, etc, that discuss behaviors we may have adopted in the name of survival: forsaking truth in order to win approval and learning to stifle appropriate anger. Following, is an eye-opening chapter entitled "Abuse: How to Spot It, What to Do About It, How to Get Out of It." Barbara Rose's loving advice and encouragement

emanate from a deeply spiritual place --it's like talking to your closest friend who truly wants only the best for you. A wonderful book to assist any woman on her path towards healing.

About the Author Barbara Rose, Ph.D., is an internationally recognized expert in personal transformation, relationships and spiritual awakening. She is a pioneering force in incorporating Higher Self Communication, the nondenominational study and integration of humanity's God Nature into modern personal growth and spiritual evolution. Barbara is known for providing life changing answers, quick practical coaching and deep spiritual wisdom to people worldwide as the Founder and Director of IHSC Institute of Higher Self Communication. Her highly acclaimed books, public speaking events, spiritual intensives teleseminars, webcasts, and internationally published articles have transformed the lives of thousands across the globe. Dr. Rose works in cooperation with some of the greatest spiritual leaders of our time, to uplift the spiritual consciousness of humanity.

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