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handbook on becoming actualized with a strong, healthy ego and increasing intimacy, setting boundaries, and overcoming fears of closeness. for only then can we live our purpose of releasing spiritual powers. It is the hero's journey of exploring our personal issues and finding ways to deal with our childhood wounds, and our needs to be more assertive, our fear, anger, and guilt.

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- Sales Rank: #2579793 in Books
- Published on: 2002-05-28
- Binding: Paperback

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