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## Vitamins for the Soul: Daily Doses of Wisdom for Personal Empowerment

By Sonia Choquette

Hay House Inc. Paperback. Book Condition: new. BRAND NEW, Vitamins for the Soul: Daily Doses of Wisdom for Personal Empowerment, Sonia Choquette, Each time you choose to listen to your inner voice, your 'vibes,' you strengthen your commitment to live an authentic, self-directed, and personally empowered life. Trusting your vibes relieves you of the stress of figuring things out. It saves you the wear and tear of worry, helps you begin a life of ease and flow, and opens the way to live as a Divine Child of the Universe. Yet trusting your vibes is not something we have been generally encouraged to do, so consequently, we need psychic reinforcement to help us trust our vibes. Just as taking vitamins strengthens and empowers your body, the daily reminders in this book serve as psychic vitamins to support your ability to trust your vibes. As you read, you'll give your soul a dose of self-love and self-acceptance that will help you access your Higher Self and tune in to your vibes. Take your psychic vitamins daily, and you'll achieve an enhanced level of empowerment and enlightenment - as well as experiencing the magic that this brings about in your life.



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