



Snap Out of It Now!: Four Steps to Inner Joy

Adrienne Ahern

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Snap Out of It Now!: Four Steps to Inner Joy Adrienne Ahern

Dr. Adrienne Ahern's powerful program can help you make a quantum leap to a life with purpose, joy, and excellence. Snap Out of It Now! is your guide to do-it-yourself fulfillment—whether you want more self-confidence, wealth, love, or just more fun! Dr. Ahern's method is ideal for people who: say yes to the wrong relationships, let stress cloud their judgement or block their career, let anger lead them down the wrong path, fail at diets, lose ability under performance pressure or believe they are not good enough. Dr. Ahern's 4-step method teaches you to stop the negative thinking, look at what you really want for yourself, listen to the feelings in your body-your inner guidance-and breathe away the negativity. These are the keys to connecting with your inner joy. Snap Out Of It Now! teaches you to work with your resistant negative conditioning so you will be successful with any project you undertake.

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