



Renewed: A 50 Day Devotional for Self-Renewal (Paperback)

By Katie Laplant Licsw

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. RENEWED is a program that was developed to help people restore, renew and re-balance the mind, body and spirit by relearning how to listen to and honor their intuition. This guide provides step by step guidance in helping the reader to incorporate an intuitive living lifestyle by teaching readers how to connect to their intuition and learn to and fulfill their physical, spiritual, mental and emotional needs regardless of what society, culture, family or religion says. RENEWED helps readers to better understand how stress impacts the body, mind and spirit. It teaches readers ways to manage stress by breaking free from old behaviors and uses coaching questions at the end of each chapter to help the reader to rewire unhealthy thought patterns. This 50 day devotional incorporates daily teachings that coincide with the principles of RENEWED.



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