



## Release the Power of Relaxation: Unlock the Door to Peace (Paperback)

By Yvette Brooks

Bravin Publishing LLC, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Releasing the Power of Relaxation provides for you insights, fruit, and nuggets to help you unlock the door to peace while showing you how to embrace the benefits of truly finding relaxation in different areas of your life. This book will help you identify areas of distress and uneasiness that may have been blocking your total peace and healing for years. Did you know that you can be happy and successful and still have an area in your life this is in total turmoil? You can have doors that are kept close because it s easier to deny than to deal with what lays behind the door. Releasing The Power of Relaxation will help you understand the power in confessions, deal with frustrations, understand the mask that we wear, show you how to Fly and see each battle as a stepping stone to give you what you need to win the war.

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