

[PDF] A Short Path To Change: 30 Ways To Transform Your Life

Jenny Mannion - pdf download free book



Books Details:

Title: A Short Path to Change: 30 Wa

Author: Jenny Mannion

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Description:

Learn how to identify and release old patterns and behaviors, navigate challenges, and stay in the present moment to maximize positive results. Join intuitive healer Jenny Mannion as she shares her own journey to healing after years of chronic illness and demonstrates how it helped create her unique program. Whether your goal is to increase your positive energy, experience vibrant good health, or improve your overall quality of life, *A Short Path to Change* offers support and encouragement every step of the way. This empowering book also guides you through a variety of

modalities, including:

- Energy Healing
- Balancing Chakras
- Intention Setting
- Forgiveness Moving Past Your Ego
- Gratitude
- Love and Connectivity
- Manifestation
- Patience with Yourself and Others
- Affirmations

Praise:

"[Jenny Mannion's] system is proven, precise, and compelling. A must for seekers of true change."—**Cyndi Dale, author of *The Complete Book of Chakra Healing* and Llewellyn's *Complete Book of Chakras***

"This is a wonderful book that can facilitate readers into being the person they've always dreamed of being! Through her own life examples, Jenny conveys great truths in a way that is virtually effortless to comprehend, and "A Short Path To Change," is packed with viable tools to empower each reader's transformation into experiencing more of the Divine Essence that we truly are." - **James A Sinclair, grandselfmovie.com**

"Medical intuitive and healer Mannion, who claims to have cured her own long-term chronic illness in three weeks, offers a program aimed at helping readers do the same. Step by step, Mannion explains her healing and empowering techniques. She suggests a variety of helpful processes: forgiveness and attention shifting, energy healing and affirmations, and ways to strengthen the chakras. Even absent a chronic illness, Mannion writes, discovering and strengthening "inner power"—she explains this as the connection between mind and body—is a form of healing. She says that by following her instructions, readers can first change thought patterns and then become a partner to the body's healing mechanisms. This book will appeal to those who may be frustrated with traditional medical avenues and are ready to explore alternative ways of healing themselves.

"—Publishers Weekly

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