

Change and Transition

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Synopsis

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inLanguagei¼š	english

In this enlightening audio progrm, Louise L. Hay discusses the difficulties you may encounter when you're going through a period of "change and transition". She assures you that anything new that you're learning can take time to get accustomed to, and that when you fall back into old patterns, you must "build yourself up" instead of "beat yourself up". Louise closes the lecture with a beautiful and empowering meditation.

Reader's comments

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