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Soul Choices: Six Paths to Find Fulfilling Relationships

By Kathryn Andries

Ozark Mountain Publishing, United States, 2014. Paperback. Book Condition: New. 222 x 133 mm. Language: English . Brand New Book. This book is for anyone desiring to gain a deeper understanding of all types of relations between friends, lovers, spouses, children, co-workers, and even our enemies. This is the first book to explore relationships using these six methods of self-awareness: iris analysis, past lives, astrology, numerology, palmistry, family, and birth order. Author Kathryn Andries shows how to use these methods to glean a deeper understanding of our love styles, emotional needs, communication patterns, sexual preferences, conflict management styles, intimacy fears, and our perceptions and beliefs about others. Her book also sheds light on many of the behaviors that can sabotage a relationship and provides the valuable tools to understand and overcome these behaviors, such as trigger lists, reaction logs, and forgiveness processes. Finally, for those who have found that awesome friend or lover, Soul Choices invites them to take their relationship beyond the ordinary through spiritual practices such as tantra, breathwork and dream interpretation.

Reviews

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