



## Soul Coaching: 28 Days to Discover Your Authentic Self

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By Denise Linn

Hay House Inc. Paperback / softback. Book Condition: new. BRAND NEW, Soul Coaching: 28 Days to Discover Your Authentic Self, Denise Linn, If you could really hear a message from your soul, what would it be telling you? Soul Coaching is a four-week program dedicated to an in-depth clearing and cleansing of the different aspects of your life: mental, emotional, physical, and spiritual. If not now, when? By following the practical, carefully crafted steps presented here, you'll find that you're able to uncover your authentic self. This book is for you if you want to know: - who you are- why you're here- what your mission is This book is also for you if you are ready to start: - putting your needs before everyone else's- living life at a peaceful, moderate pace- loving yourself By utilizing the energy of the elements of nature: Air, Water, Fire, and Earth, this program allows you to clear away old blockages so that you can truly begin to hear the secret messages of your soul.



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