

How To Heal Toxic Thoughts: Simple Tools For Personal Transformation

By Sandra Ingerman



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<http://www.awaken.com/2015/04/shamanism-healing-of-individuals-and-the-planet/>

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<http://www.youtube.com/watch?v=L99mJb81dzM>

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Sandra Ingerman is a psychotherapist and shamanic practitioner who teaches and How to Heal Toxic Thoughts: Simple Tools for Personal Transformation.

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