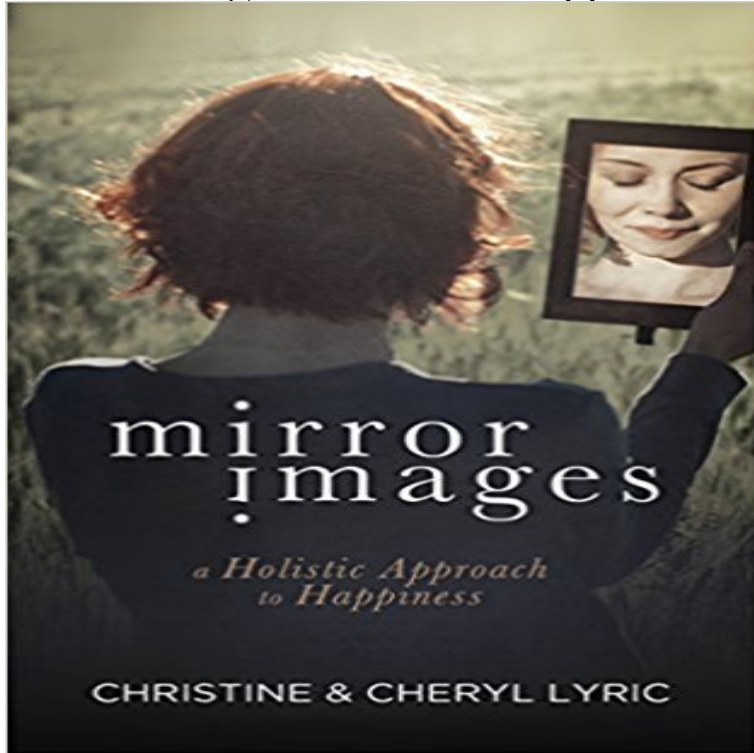


## Mirror Images: A Holistic Approach To Happiness



Do you find yourself repeating painful and unsuccessful patterns in daily life? Are you unhappy, question your status quo, and wonder why things never change? Does life feel unsatisfactory to you? Are you ready to conquer whatever it is that is holding you back, once and for all, and create the happy life that you desire and deserve? In this supportive and empowering book, twin authors Christine and Cheryl Lyric take you on a transformational journey of self-awareness. The twins openly share the pain associated with 30 years of depression and the unorthodox path they walked to free themselves from the darkness of this despair. The sisters demonstrate how to work through blinding limiting self-beliefs that are contributing to discontent or unhappiness with the use of a new and exciting seven-step process called Mirroring. This novel approach provides the reader with a unique perspective that enables life altering results. If you are looking for a way out of the depths of sadness, yearning for something more, or just wanting to experience increased love, peace, and joy in your life; then join the twins in an empowering journey to freedom.

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