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CRACKING UP: USING NATURAL METHODS TO LIVE WITH OCD (PAPERBACK)



Balboa Press, United States, 2011. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. Cracking Up will provide the OCD sufferer with alternative methods of living with this disorder. Discover a way to have and enjoy a fulfilling life without all the suffering and hardships of OCD. In addition to using meditation to help connect with your angels and with God, you will also learn how to use Reiki, color therapy, chakra cleansing, diet and...

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- Authored by Maria Flaherty
- Released at 2011



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