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How to Take Your Pilates Practice Outdoors

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The Higher Help Method Tammy Mastroberte,2024-04-16 From spiritual teacher Tammy Mastroberte comes an indispensable guide for supercharging your manifestation practice with guidance from the Universe If you're struggling to see the changes you desire in life no matter how hard you try to manifest them it may be time to put down this stressful burden and try something new There is an easier way to create positive change and it starts with no longer trying to do it alone Instead you can ask the Universe for help and place it in charge to guide you In The Higher Help Method award-winning author Tammy Mastroberte affirms the Universe will support you to create what you want or something even more incredible when you ask it to partner with you and harness its energy To access the full potential of manifestation we must learn to invoke the aid and wisdom of the Divine with confidence receptivity and trust Here she shares her tried and true system for Framing your intentions with clarity express what you want why you want it and how it will make you feel Calling in specialized higher help including angels guides saints and loved ones Shifting your energy attune to and maintain a higher vibration that magnetizes positive change Receiving and acting on guidance recognize how the Universe answers and guides you and follow its lead You'll learn how to dive deeper into your practice with specific tools such as custom prayers exercises crystals and rituals for manifesting in seven key areas money and abundance health emotional well-being relationships career parenting and spiritual connection The Universe always responds when you ask for help says Mastroberte When you learn to trust it as a partner creating positive change becomes easier more effective and much more fun With this indispensable guide you'll soon become an

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The Conversion Equation is a no-nonsense guide for business owners to ensure their business gets more prospects, closes more sales, and makes more money immediately. Times have moved on, yet businesses haven't changed their sales and marketing. Buyers are more knowledgeable, and the traditional lead generation techniques of direct mail, exhibitions, and telemarketing are no longer effective. The days of persuasion selling are gone, while 61% of business owners say lead generation is their top challenge. Most businesses are doing marketing all wrong and wasting valuable time, spending hard-earned money and using up limited energy on marketing that is not proven and does not work. In *The Conversion Equation*, best-selling author Dr. Terri Levine shares a proven process that has grown 8 multi-million-dollar businesses for her personally and has helped more than 6 000 business owners worldwide. She shows what is being done wrong in marketing and how to quickly shift to what works that is little known by almost all business owners. *The Conversion Equation* provides a process that can grow any business in any environment or situation. Terri teaches how to first have the right inner mindset, framework, and beliefs to generate qualified leads and have them close themselves. She combines her knowledge of human behavior and blends it with her *Conversion Equation*. The unique approach of this information is why her clients create more income fast.

The Ladies' Home Journal, 2007

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