



# Spontaneous Transformation: 7 Steps To Coping & Thriving In Extreme Times

*Jennifer McLean*

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## **Spontaneous Transformation: 7 Steps To Coping & Thriving In Extreme Times** Jennifer McLean

The body is a miraculous storage vessel which carries within all of life's traumas and joys as well as the myriad experiences in between that define our lives. It remembers everything even when we don't. And, through our resulting relationships, choices and even our pain, disease and unhappiness, those held memories are expressed.

Spontaneous Transformation is a unique, therapeutic system of healing that has liberated thousands from their past, opening the doors to greater levels of wealth, freedom, health, joy and fulfilling relationships by simply accessing and releasing what is buried deep within.

Real stories from clients who address some of the most common pain points are shared, including:

\* Dealing with an abusive partner \* Transforming fear \* Finding forgiveness \* Resolving family issues \* Healing back pain and other ailments \* Finding hope \* Living abundantly

This book will take you on a journey to freedom in seven easy steps, guiding you to release your past and create the future you truly want and deserve.

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