



## The Mind Spa: Ignite Your Inner Life Coach

By Malti Bhojwani

Om Books International, 2015. Soft cover. Condition: New. 1st Edition. The Mind Spa: Ignite Your Inner Life Coach will help you cleanse your soul from toxins, slough away the unwanted layers and ultimately leave you rejuvenated. It is interlaced with holistic therapies, unreasonable requests, bitter pills, gentle healing and self-coaching invitations that will motivate you into taking immediate action to achieve success in areas of love, health and relationships. The Mind Spa Journal with this edition will encourage you to explore the wonders of writing, expressing gratitude and engaging in little acts of kindness. This is your opportunity to ignite the life coach within. If not now, when? (jacket).

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### Reviews

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*The book is fantastic and great. I have go through and i also am certain that i will planning to read through once more once more down the road. Its been printed in an exceedingly simple way and is particularly simply after i finished reading through this publication through which really changed me, change the way i think.*

-- **Hank Powłowski**