



All You Need is HART!: Create Love, Joy and Abundance - NOW!

By Helene Rothschild

Robert D. Reed Publishers. Paperback. Book Condition: new. BRAND NEW, All You Need is HART!: Create Love, Joy and Abundance - NOW!, Helene Rothschild, Marriage and Family Therapist, Helene Rothschild, offers us her unique, empowering method for total transformation, a system she calls HART, which stands for 'Holistic and Rapid Transformation.' Anyone can create love, joy, and abundance in their life, and "All You Need is HART!" will teach you how. Individuals will benefit from reviewing the valuable exercises and information about HART, and health professionals will be able to incorporate it into their work with clients. The subjects covered include: Raising Self-Esteem; Seven Major Keys to Success; Overcoming Addictions; Dare to be Prosperous and Slim; Healing Your Body; Enhancing Romantic Relationships; Enjoy Your Sexuality; Successful Parenting; Empowering Communication; Releasing Anger; Balancing your LifeCareer; and, Guidance.



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