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How to Heal Toxic Thoughts: Simple Tools for Personal Transformation

Sandra Ingerman

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We may not realize it, but negative feelings can be as toxic to our health as physical poisons, wearing on us and causing depression, illness, and burnout. In this updated edition of her classic *How to Heal Toxic Thoughts*, shaman and psychologist Sandra Ingerman reveals the secrets of the ancient alchemists and offers strategies for processing harmful thoughts and emotions and turning spiritual lead into gold. Her methods are simple…but they can change you, others, and the world.

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