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How to Overcome Superstitions: A Practical and Spiritual Guide to Stop Bad Luck

Ron J Varman

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Are you superstitious? If so, you are not alone. The fears of Friday the 13th, a black cat, walking under a ladder, breaking a mirror, and sports superstitions are very common. Despite the availability of psychology and self-help books, the fear of bad luck has not been solved. Until now, this book explains what superstitions really are and shows you how to overcome superstitious phobias and eliminate your personal superstitions. Based on scientific evidence, this book provides four simple but powerful methods and techniques to combat almost any superstitions and bad luck, simply by changing your negative beliefs and by using the power of your subconscious mind.

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