



Magical Moments: Discover How to Easily Create More in Your Daily Life

Deborah Borgen

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Magical Moments: Discover How to Easily Create More in Your Daily Life reveals a step-by-step manual to make sure that everyone gets access to their innate resources. Included in these steps are simple exercises and techniques you can use to improve and create smooth flow in daily life. You will see the importance of having life visions to stretch towards and setting clear goals. In order for humans to choose happiness we must know how we function and how we can rid ourselves of worries, release stress, old fear and phobias---creating lasting changes. Near-death experiences showed Deborah Borgen that humans have many unused resources within. She wants everyone to have access to these enormous, undreamed of possibilities that lie within every human. Deborah has dedicated her life to showing people how they easily can improve and enrich their lives. A scientific research project on Deborah Borgen's course, which this book is based on, reveals a great leap within mind development.

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Jessica Hodgkins:

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