



Ask and It Shall Be Given

Fay Lambert

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Ask and It Shall Be Given takes a holistic approach to health problems. This book provides practical suggestions, as well as using healing affirmations to diffuse stress associated with each particular health problem.

A quick reference section is included for easy to use healing affirmations, for a variety of health problems.

(This is Fay Lambert's first book, written in response to client requests. Her second book 'Simply Diffuse Stress', has just been published on Kindle at Amazon.)

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