



Your Psychic Self: A Quick and Easy Guide to Discovering Your Intuitive Talents

By Melissa Alvarez

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Ever Wondered If You're Psychic? Discover Your Intuitive Abilities Now!

Recognize and enhance your natural intuitive talents with this essential guide, which is specially designed to strengthen your psychic edge in daily life. With an easy, conversational tone, professional intuitive Melissa Alvarez helps you find where your skills and interests lie within the psychic and metaphysical worlds.

Your Psychic Self is great for beginners or as an all-around reference. This valuable manual shows you the various ways psychic ability can manifest, and also teaches how you can work with these abilities. Inside this book you'll discover:

- How to identify signs of psychic intuition and experiences
- How to protect yourself from negative influences
- Practice exercises and techniques to develop your abilities in everyday life
- Types of intuitive communication and spirit beings with whom you can connect

Praise for *Your Psychic Self*:

"This comprehensive reference book contains excellent information to help anyone?regardless of their degree of expertise?to recognize, enhance, harness, and clarify their intuitive abilities."?Tess Whitehurst, author of *The Good Energy Book* and *The Art of Bliss*

"This book covers all aspects of intuitive abilities. Perfect for the inquisitive beginner."?Elizabeth Owens, author of *Spiritualism and Clairvoyance for Beginners*

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- Sales Rank: #482912 in Books
- Brand: Unknown
- Published on: 2013-02-08
- Original language: English
- Number of items: 1
- Dimensions: 8.86" h x .61" w x 6.05" l, .77 pounds
- Binding: Paperback
- 264 pages

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Editorial Review

About the Author

Melissa Alvarez is a bestselling, award winning author who has written ten books and nearly five hundred articles on self-help, spirituality and wellness. As a professional intuitive coach, energy worker, spiritual advisor, medium, and animal communicator with over twenty-five years of experience, Melissa has helped thousands of people bring clarity, joy, and balance into their lives. Melissa teaches others how to connect with their own intuitive nature and how to work with frequency for spiritual growth. She has appeared on numerous radio shows as both a guest and host. Melissa is the author of *365 Ways to Raise Your Frequency*, *Your Psychic Self*, and *Animal Frequency*. Melissa's books have been translated into Romanian, Russian, Chinese, French, and Czech. She lives in South Florida with her family, dogs, and horses. Visit her online at www.MelissaA.com and www.AnimalFrequency.com.

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