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by by Anni Sennov : **Energy Self-Defense for Young Adults (The Energy Self-Defense Series) (Volume 3)**

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Description :

PDF-a2499 | Many parents have asked us whether it's possible to teach young people to keep their energy in order. And the answer is YES, of course you can learn how to master your own energy! That is why we have written this Energy Self-Defense guide. Its goal is to teach you how to stand on your own feet and stand strong in your own energy, both when you are with others and when you are on your own. Ev... *Energy Self-Defense for Young Adults (The Energy Self-Defense Series) (Volume 3)*

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