



## My Life, Your Life: Steps to Heal the Heart (Paperback)

By Michelle Friedman

Ste Publishers, South Africa, 2002. Paperback. Condition: New. Language: English . Brand New Book. This fascinating story details Michelle Friedman s journey through life and her struggle to find herself . Styled as a sort of mirror, this book will assist readers to reflect on their own lives and provides a workbook at the end of each chapter to encourage the reader to author their own personal healing journey. In the style of Louise Hay, Friedman learns to trust her inner voice and to live in the moment, following the signposts and synchronicities held out to her by God and the universe.



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