



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

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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