



# Find Your Inner Voice: Using Instinct and Intuition Through the Body-Mind Connection

*Karol Ward*

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# Find Your Inner Voice: Using Instinct and Intuition Through the Body-Mind Connection

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**Find Your Inner Voice: Using Instinct and Intuition Through the Body-Mind Connection** Karol Ward  
Our instinct and intuition are available for us to use in everyday life. Yet over time we lose the ability to locate and trust those innate guides for decision-making. We might get an occasional flash of information but end up discounting our instinctive feelings and intuitive insight. In *Find Your Inner Voice*, you will learn how to reclaim those inner resources through the power of the body-mind connection.

This book will teach you how to make decisions about love, relationships, career path, health and spirituality by using your body as a natural compass. When you learn to trust your instinct and recognize your intuitive voice, you can use them both to make everyday decisions and larger, more significant life choices.

Psychotherapist and professional speaker Karol Ward illustrates how to get the body-mind connection flowing and then helps you approach goal-setting from the inside out. She combines a five-step methodology with practical exercises that wake up the body and mind. From there, you will learn to recognize the inner voice that not only "knows" what you need but also "knows" what to do in order to achieve your goals.

*Find Your Inner Voice* teaches you how to:

- \* Access the power of the body-mind connection for decision-making.
- \* Recognize your own instinctive and intuitive signals.
- \* Develop your insight through specific how-to exercises.
- \* Apply the information you receive to all aspects of your life.

This book shows you that when you reconnect to your body, you connect to your true self. And when you are truly yourself, you are truly alive.

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Spent a free time for you to be fun activity to perform! A lot of people spent their free time with their family, or their own friends. Usually they undertaking activity like watching television, planning to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Could be reading a book may be option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of reserve that you should read. If you want to test look for book, may be the publication untitled Find Your Inner Voice: Using Instinct and Intuition Through the Body-Mind Connection can be fine book to read. May be it may be best activity to you.

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Reading can called thoughts hangout, why? Because while you are reading a book specifically book entitled Find Your Inner Voice: Using Instinct and Intuition Through the Body-Mind Connection your mind will drift away trough every dimension, wandering in each and every aspect that maybe unfamiliar for but surely will become your mind friends. Imaging each and every word written in a publication then become one application form conclusion and explanation which maybe you never get just before. The Find Your Inner Voice: Using Instinct and Intuition Through the Body-Mind Connection giving you one more experience more than blown away your thoughts but also giving you useful information for your better life in this

particular era. So now let us demonstrate the relaxing pattern the following is your body and mind is going to be pleased when you are finished studying it, like winning a casino game. Do you want to try this extraordinary investing spare time activity?

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