



21 Days to Master Understanding Your Past Lives

By Denise Linn

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Studies have shown it takes only 21 days for a new habit to take root. If there's a skill you've always wanted to take advantage of, the answer is only 21 days away with the **21 Days** Series.

Your soul has experienced many lifetimes before manifesting in your body. Trauma and joy from past lives can reveal our unique emotional make up and explain physical ailments that trouble us today. People around the world have attested to the incredible awakening, healing and insight that can be found in a deep connection to our past selves. Travelling through the ages has never been easier with Denise Linn's guide to uncovering the truth of our lives before our births.

Removing limitations in relationships, realising your future destiny and uncovering the symptoms of past-life trauma and how to relieve it are all within your hands, wherever you are. You'll soon realise the potential you're capable of by calling on your previous incarnations and creating a connection with your spirit guide. If you've ever wanted to call on your deep personal history for growth and renewal, it only takes 21 days with this fantastic guide, designed to fit into any moment.

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