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## Everything You Need You Have: How to Feel at Home in Your Self

By Gerard Kite

Short Books Ltd. Paperback. Book Condition: new. BRAND NEW, Everything You Need You Have: How to Feel at Home in Your Self, Gerard Kite, In this groundbreaking book, Gerard Kite - founder of the renowned Kite Clinic in London, and therapy guru to the international elite - offers a dramatic new path to fulfilment for both men and women. Kite believes that the way we are living today is making us ill. For all the choices we have, for all the improvements in our material lifestyle, people are more unhappy than ever before. The secret, he says, is to know how to step back and look at things from a different perspective - because everything we need to be happy, we already have at our fingertips. Drawing on the principles of ancient Chinese philosophy and his extensive experience of helping people of all ages and walks of life (including thousands of women with fertility issues), Kite offers a life-changing promise - a route to a state of being that is more authentic, expansive and liberating than anything most people can currently find either in their thoughts or the world around them. Get him in your life - you won't regret...



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