



# The Healing Deck: 36 Affirmations for Mental, Physical, and Spiritual Wellness

*Monte Farber, Amy Zerner*

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This unique deck helps you live a life of quality and meaning, unburdened by hurtful habits that impede the pathways to your goals. These 36 cards, each with an uplifting affirmation on one side and inspiring artwork on the other, are effective reminders of the many positive habits you now have and others that can greatly benefit you.

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