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In this book, author Theodore W. Sanders Jr. wants to share with you the keys that will open doors to your internal creative power. There is an abundance of knowledge that has been collected from the wisdom, beliefs, and practices of others throughout the ages. These practices have not often been applied together in a congruent way. Doing this creates a powerful synergy that will significantly improve your ability to create the life you want now. These practices will allow you to combine the power of your body, mind, and spirit in a way that will unleash the power to live the life you want and the life you deserve. Now let The Power of the Body, Mind, and Spirit show you how to create your life.

About the Author Dr. Theodore Sanders is a veterinarian by training, but he considers himself a lifelong learner whose mission is to help others realize their full potential in life. Through years of study and practice, he has developed a system that uses the power of the body, mind, and spirit to help individuals of all walks of life realize their full potential.

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