



# Four Acts of Personal Power: How to Heal Your Past and Create a Positive Future

*Denise Linn*

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## **Four Acts of Personal Power: How to Heal Your Past and Create a Positive Future** Denise Linn

If it weren't for the immense energy that we put into denying who we are and into perpetuating emotions such as depression, repression, and self-doubt, life would be a continual revelation of joy and well-being. In this inspirational yet down-to-earth book, renowned healer and teacher **Denise Linn** draws upon her own story, as well as from wisdom she's gathered from native cultures around the world, to help you heal your past and create a fulfilling future. This book guides you through four profound acts of personal power that assist you in breaking free from negative family and ancestral patterns so that your light can help illuminate the world.

It takes only a single breakthrough to restructure your personal history so that you can heal your family tree—both for the generations behind you and those that will follow—which in turn empowers your life. This book shows you how to take that step of self-discovery so you can walk this planet with grace and ease, while experiencing the majesty of your being.

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