



Angel Detox: Taking Your Life to a Higher Level Through Releasing Emotional, Physical, and Energetic Toxins

Doreen Virtue, Robert Reeves

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Detoxing with the help of your angels is a gentle way to release impurities from your body, fatigue, and addictions. **Doreen Virtue** and naturopath **Robert Reeves** teach you simple steps to increase your energy and mental focus, banish bloating, feel and look more youthful, and regain your sense of personal power. Rid your life of physical toxins, as well as negative emotions and energies.

Angel Detox guides you step-by-step on how to detox your diet, lifestyle, and relationships. You'll learn how to reduce or eliminate cravings for unhealthy food and substances, feel motivated, and enjoy wellness in all areas of your life. This book also includes 7-Day Detox Plans for those wanting to quit smoking or drinking, or to flush out environmental pollution.

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