



# Life Magic

*Ruth Ostrow*

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## **Life Magic** Ruth Ostrow

A powerful, inspirational, self help guide to positive thinking from leading Australian Mind Body Spirit columnist and writer Ruth Ostrow. Magic Happens complements her previous highly successful and beautiful book, The Gift. Magic Happens is a motivating, practical guide to understanding and changing the thought processes and mental habits that make us what we are. Ruth's warm and engaging voice is throughout in a conversational tone that is uplifting and inspiring. Ruth uses examples from her own experience and from those around her to show how longheld personal beliefs dictate the direction of our lives. Ruth offers solutions for change and the possibility to get back in control and be who we really want to be. Beautifully illustrated with original artworks this is a book to treasure and derive comfort from.

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