

abraham hicks law of attraction

abraham hicks law of attraction is a widely recognized spiritual philosophy that emphasizes the power of thoughts and emotions in shaping an individual's reality. Rooted in the teachings of Esther Hicks, who channels a collective consciousness known as Abraham, this approach to the law of attraction offers practical guidance on manifesting desires through alignment with positive energy. Understanding Abraham Hicks' perspective on the law of attraction involves exploring key concepts such as vibrational frequency, deliberate creation, and the art of allowing. This article delves into the foundational principles, techniques, and applications of the Abraham Hicks law of attraction, providing insight into how individuals can harness this universal law to improve their lives. Readers will gain a comprehensive overview of Abraham Hicks' teachings, including meditation practices, overcoming resistance, and cultivating emotional well-being. The following sections will outline these topics in detail to enhance clarity and practical use.

- Understanding Abraham Hicks and the Law of Attraction
- Core Principles of the Abraham Hicks Teachings
- Techniques for Applying the Abraham Hicks Law of Attraction
- Common Challenges and How to Overcome Them
- Practical Benefits and Life Applications

Understanding Abraham Hicks and the Law of Attraction

The Abraham Hicks law of attraction originates from the channeling work of Esther Hicks, who conveys messages from a group consciousness called Abraham. These teachings focus on the premise that thoughts and feelings emit vibrations that attract similar energies from the universe. According to Abraham Hicks, the law of attraction operates continuously, responding to the vibrational frequency that individuals emit, which determines the experiences and circumstances they attract. This understanding positions personal alignment and emotional management as crucial components in manifesting desired outcomes. The law of attraction is not merely wishful thinking but a deliberate process of tuning into positive vibrations.

The Origins of Abraham Hicks

Abraham Hicks emerged in the 1980s when Esther Hicks began channeling an entity or group of entities known as Abraham. These teachings focus on spiritual guidance related

to self-empowerment and conscious creation. The messages emphasize the importance of aligning one's thoughts and emotions to manifest a fulfilling life. Since then, Abraham Hicks has become synonymous with the modern interpretation of the law of attraction, influencing millions worldwide through workshops, books, and audio recordings.

Fundamentals of the Law of Attraction

At its core, the Abraham Hicks law of attraction is based on the concept that "like attracts like." This means that whatever a person focuses on, whether positive or negative, will eventually manifest in their life. The teachings stress that emotions act as indicators of vibrational alignment, where positive emotions signify alignment with desires and negative emotions indicate resistance. Understanding these fundamentals allows individuals to consciously choose thoughts and feelings that support their goals and aspirations.

Core Principles of the Abraham Hicks Teachings

The Abraham Hicks law of attraction is built upon several foundational principles that guide practitioners in applying the law effectively. These principles include deliberate creation, the vibrational universe, emotional guidance, and the art of allowing. Each principle plays a vital role in helping individuals understand how to co-create their reality with the universe.

Deliberate Creation

Deliberate creation refers to the intentional practice of focusing thoughts and emotions on what one wants to experience. Abraham Hicks emphasizes that individuals have the power to consciously choose their desires and maintain focus on them, rather than reacting unconsciously to external circumstances. This proactive approach empowers people to become creators of their life experiences.

Vibrational Universe

According to Abraham Hicks, the universe operates on vibrational energy, and everything exists at a certain frequency. Thoughts and feelings emit vibrations that attract matching energies. Therefore, understanding and controlling one's vibrational output is essential to manifesting desired results. This principle encourages awareness of inner states and their impact on external realities.

Emotional Guidance System

Emotions serve as a guidance system that informs individuals about their alignment with their desires. Positive emotions indicate alignment and a high vibrational frequency, while negative emotions signal resistance or misalignment. By paying attention to emotional

responses, individuals can adjust their thoughts and beliefs to maintain a favorable vibration.

The Art of Allowing

The art of allowing involves releasing resistance and trusting the manifestation process. Abraham Hicks teaches that after setting an intention and aligning vibrationally, one must let go of attachment to the outcome and allow the universe to deliver in its timing. This principle highlights the importance of patience and non-resistance in successful manifestation.

Techniques for Applying the Abraham Hicks Law of Attraction

Practicing the Abraham Hicks law of attraction involves various techniques designed to help individuals raise their vibrational frequency and maintain focus on their desires. These methods include meditation, visualization, affirmations, and deliberate thought management.

Meditation and Visualization

Meditation is a powerful tool in the Abraham Hicks framework, allowing practitioners to quiet the mind, reduce resistance, and align with their inner being. Visualization complements meditation by enabling individuals to create vivid mental images of their desired outcomes, strengthening emotional connection and vibrational alignment.

Using Affirmations

Affirmations are positive statements that reinforce desired beliefs and intentions. Abraham Hicks advocates using affirmations to replace limiting thoughts with empowering ones. Repeated affirmations help reprogram the subconscious mind, maintaining a consistent high vibration conducive to manifestation.

Deliberate Thought Management

Managing thoughts deliberately is crucial for maintaining alignment. This practice involves consciously redirecting focus away from unwanted circumstances and toward positive aspects and desires. Techniques such as the "focus wheel" involve writing down positive thoughts related to a desired outcome to shift mental patterns.

Emotional Check-ins and Adjustment

Regularly assessing emotional states helps identify resistance and misalignment. Abraham Hicks recommends tuning into feelings and making adjustments by shifting thoughts or engaging in activities that elevate mood. This ongoing emotional maintenance supports sustained vibrational harmony.

Common Challenges and How to Overcome Them

While the Abraham Hicks law of attraction offers a clear framework for manifestation, practitioners often encounter challenges such as resistance, doubt, and impatience. Addressing these obstacles is key to effective application.

Overcoming Resistance

Resistance arises from negative beliefs, fears, or conflicting desires that lower vibrational frequency. Abraham Hicks suggests techniques like meditation, focusing on gratitude, and positive affirmations to dissolve resistance and restore alignment.

Managing Doubt and Skepticism

Doubt can interfere with manifestation by creating conflicting vibrations. Consistent practice of the teachings, observing small manifestations, and maintaining an open mind can help reduce skepticism and build trust in the process.

Dealing with Impatience

Impatience often causes frustration and resistance. The art of allowing teaches patience and trust in the universe's timing. Engaging in enjoyable activities and focusing on present-moment appreciation can alleviate impatience.

Practical Benefits and Life Applications

The Abraham Hicks law of attraction provides practical benefits across various aspects of life, including relationships, career, health, and personal growth. By aligning vibrationally with positive desires, individuals can experience enhanced well-being and success.

Enhancing Relationships

Applying Abraham Hicks principles in relationships encourages focusing on positive qualities of others and fostering appreciation. This shift attracts healthier interactions and deeper connections.

Career and Financial Abundance

Deliberate creation can be used to manifest career opportunities and financial abundance by maintaining clarity on goals and aligning emotional energy with success and prosperity.

Improving Health and Wellness

Positive vibrational alignment supports physical and mental health by reducing stress and promoting a mindset conducive to healing and vitality.

Personal Growth and Spiritual Development

The teachings facilitate greater self-awareness, emotional resilience, and spiritual expansion through consistent alignment and conscious creation.

Key Practices to Incorporate

- Daily meditation and visualization sessions
- Using affirmations to reinforce desired beliefs
- Regular emotional check-ins and adjustments
- Focus on gratitude and positive aspects of life
- Practicing patience and the art of allowing

Frequently Asked Questions

Who is Abraham Hicks and what is their connection to the Law of Attraction?

Abraham Hicks is a group of spiritual teachers channeled by Esther Hicks. They are known for popularizing the Law of Attraction, which is the idea that individuals can manifest their desires through focused positive thinking and alignment with their emotions.

What is the basic principle of the Law of Attraction according to Abraham Hicks?

According to Abraham Hicks, the basic principle of the Law of Attraction is that like

attracts like. By focusing on positive thoughts and feelings, a person attracts positive experiences and manifestations into their life.

How does Abraham Hicks suggest you can improve your manifestation abilities?

Abraham Hicks suggests improving manifestation by practicing deliberate positive thinking, feeling good, and aligning your vibration with your desires. Techniques include meditation, visualization, and focusing on what you want rather than what you don't want.

What role do emotions play in Abraham Hicks' teachings on the Law of Attraction?

Emotions are considered indicators of your vibrational alignment. Positive emotions mean you are aligned with your desires, while negative emotions indicate resistance. By managing and improving your emotional state, you can better attract what you want.

Does Abraham Hicks recommend any daily practices to harness the Law of Attraction?

Yes, Abraham Hicks recommends daily practices such as focusing on gratitude, setting clear intentions, visualizing desired outcomes, and using affirmations to maintain a high vibrational state conducive to attracting positive experiences.

How does Abraham Hicks explain resistance and how can it be overcome?

Resistance is described as negative thoughts or beliefs that block the manifestation process. It can be overcome by becoming aware of these thoughts, deliberately shifting focus to positive aspects, and practicing appreciation and alignment with your desires.

Is the Law of Attraction as taught by Abraham Hicks supported by scientific evidence?

The Law of Attraction, as taught by Abraham Hicks, is primarily based on spiritual and metaphysical beliefs rather than empirical scientific evidence. While positive thinking and visualization can improve mindset and motivation, scientific support for manifesting specific outcomes is limited.

Additional Resources

1. Ask and It Is Given: Learning to Manifest Your Desires

This foundational book by Esther and Jerry Hicks introduces readers to the core teachings of Abraham Hicks. It explains how to align with the Law of Attraction to manifest desires effortlessly. The book offers practical exercises and insights to help individuals shift their vibration and attract positive experiences.

2. *The Law of Attraction: The Basics of the Teachings of Abraham*

A comprehensive guide that breaks down the principles of the Law of Attraction as taught by Abraham Hicks. It provides clear explanations on how thoughts and emotions influence reality. Readers learn how to harness their creative power to bring about desired changes in their lives.

3. *Money, and the Law of Attraction: Learning to Attract Health, Wealth, and Happiness*

This book focuses on applying the Law of Attraction specifically to financial abundance and overall well-being. Abraham Hicks offers guidance on overcoming limiting beliefs about money and attracting prosperity. The teachings encourage a positive mindset and joyful expectation as keys to success.

4. *Manifest Your Desires: 365 Ways to Make Your Dreams a Reality*

A daily inspiration book filled with practical tips and affirmations grounded in Abraham Hicks' philosophy. Each entry motivates readers to maintain a high vibrational frequency. It supports a consistent practice of aligning thoughts and emotions with personal goals.

5. *The Amazing Power of Deliberate Intent: Living the Art of Allowing*

This book delves into the concept of deliberate intent and how conscious focus can shape experiences. Abraham Hicks explains the importance of allowing and receiving rather than forcing outcomes. Readers discover techniques to become co-creators of their reality through awareness and intention.

6. *Getting into the Vortex: Guided Meditations to Get into the Vortex, Volumes I & II*

A two-volume set featuring guided meditations designed to help readers enter the "vortex" — a state of alignment with their desires. The meditations facilitate emotional well-being and clarity. This resource is ideal for those seeking a meditative approach to applying the Law of Attraction.

7. *Joyful: The Surprising Power of Ordinary Things to Create Extraordinary Happiness*

Abraham Hicks emphasizes finding joy in everyday moments as a way to attract positive experiences. This book encourages cultivating appreciation and a joyful mindset. It teaches that happiness is a powerful magnet for all that one desires.

8. *Beyond Positive Thinking: A No-Nonsense Formula for Getting What You Want*

Offering a straightforward approach, this book challenges common misconceptions about the Law of Attraction. Abraham Hicks presents practical strategies to move beyond mere positive thinking into deliberate creation. It focuses on the power of emotions and vibrational alignment.

9. *Living the Art of Allowing: How to Let Go and Let Your Desires Flow*

This book explores the essential practice of allowing, a key component of Abraham Hicks' teachings. It guides readers on releasing resistance and trusting the universe's timing. Through stories and exercises, it helps cultivate patience and openness to receiving abundance.

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abraham hicks law of attraction: The Law of Attraction Esther, 2009-11 The Law of Attraction This book presents the powerful basics of the original Teachings of Abraham. Within these pages, you'll see how all things, wanted and unwanted, are brought to you by this most powerful Law of the Universe: the Law of Attraction (that which is like unto itself, is drawn). You've most likely heard the sayings "like attracts like," "Birds of a feather flock together," or "It is done unto you as you believe" (a belief is only a thought you keep thinking); and although the Law of Attraction has been alluded to by some of the greatest teachers in history, it has never before been explained in as clear and practical terms as in this latest book by best-selling authors Esther and Jerry Hicks. Here, you'll learn about the omnipresent Laws that govern this Universe and how to make them work to your advantage. The knowledge that you'll absorb from reading this book will take all the guesswork out of daily living. You'll finally understand just about everything that's happening in your own life, as well as the lives of those you're interacting with. This book will help you joyously be. do. or have anything that you desire! Esther and Jerry Hicks, the authors of Ask and It Is Given and The

Amazing Power of Deliberate Intent, produce the leading-edge Abraham-Hicks teachings on the art of allowing our natural Weil-Being to come forth.

abraham hicks law of attraction: The Law of Attraction Esther Hicks, Jerry Hicks, 2006-09-25 This book presents the powerful basics of the original Teachings of Abraham. Within these pages, you'll learn how all things, wanted and unwanted, are brought to you by this most powerful law of the universe, the Law of Attraction. (that which is like unto itself is drawn). You've most likely heard the saying Birds of a feather flock together, aka the Law of Attraction. This has been alluded to by some of the greatest teachers in history, it has never before been explained in as clear and practical terms as in this latest book by New York Times best-selling authors, Esther and Jerry Hicks. Learn here about the omnipresent Laws that govern this Universe and how to make them work to your advantage. The understanding that you'll achieve by reading this book will take all the guesswork out of daily living. You'll finally understand just about everything that's happening in your own life as well as in the lives of those you're interacting with. This book will help you to joyously be, do, or have anything that you desire!

abraham hicks law of attraction: The Vortex Esther Hicks, Jerry Hicks, Abraham (Spirit), 2009 This Leading Edge work by Esther and Jerry Hicks, who present The Teachings of Abraham, helps readers understand every relationship they are currently involved in as well as every relationship they have ever experienced. Includes a bonus CD on the law of attraction.

abraham hicks law of attraction: Money, and the Law of Attraction Esther Hicks, 2010-03 Money, and the Law of Attraction This Leading Edge work by Esther and Jerry Hicks, who present the teachings of the Non-Physical consciousness Abraham, explains that the two subjects most chronically affected by the powerful Law of Attraction are financial and physical well-being. This book shines a spotlight on each of the most significant aspects of your life experience and then guides you to the conscious creative control of every aspect of your life. It also goes right to the heart of what most of you are probably troubled by: money and physical health, and has been written to deliberately align you with the most powerful law in the universe - the Law of Attraction - so that you can make it work specifically for you.

abraham hicks law of attraction: The Vortex Esther Hicks, 2010-03 This Leading Edge work by Esther and Jerry Hicks, who present The Teachings of Abraham, helps readers understand every relationship they are currently involved in as well as every relationship they have ever experienced.

abraham hicks law of attraction: The Law of Attraction Essential Collection Esther Hicks, Jerry Hicks, Abraham (Spirit), 2013 International best-selling authors Esther and Jerry Hicks produce the Leading Edge Abraham-Hicks teachings. For more than two decades, their Law of Attraction workshops, held in up to 60 cities per year, have continued to inspire a regular flow of Abraham books, CDs, and DVDs. The Law of Attraction Essential Collection is an omnibus of three of their best-selling titles: The Law of Attraction, Money, and the Law of Attraction and The Vortex. The Law of Attraction presents the powerful basics of the original Teachings of Abraham®. Here, you'll learn how all things, wanted and unwanted, are brought to you by this most powerful law of the universe, the Law of Attraction: that which is like unto itself is drawn. You've most likely heard the saying 'Like attracts like' and, although the Law of Attraction has been alluded to be some of the greatest teachers in history, it has never before been explained in as clear and practical terms as it is in these pages. Learn here about the omni-present Laws that govern this Universe and how to make them work to your advantage. Through the teachings of the Non-Physical consciousness Abraham, in Money and the Law of Attraction, Esther and Jerry Hicks shine a spot-light on two subjects most chronically affecting people today: money and physical health. Whatever your life experience, this book will guide you to take conscious creative control of your financial and physical wellbeing. Not having enough money or not having good health puts you in the perfect position for creating more of that which you do not have. This book has been written to deliberately align you with the most powerful law in the universe-The Law of Attraction-so that you can make it work specifically for you. The Vortex will help you understand every relationship you are currently involved in as well as every relationship you are currently involved in as well as every relationship

you have ever experienced. It uncovers a myriad of false premises that are at the heart of every uncomfortable relationship issue, and guides you to clear understanding of the powerful creative Vortex that has already assembled the relationship that you have desired. Abraham will show you how to enter that Vortex, where you will rendezvous with everything and everyone you have been looking for. The Law of Attraction Essential Collection is the perfect read for those who want to deepen their understanding of the Teachings of Abraham® as well as anyone who would like to have all their favourite Hicks' titles together in one volume. As a bonus, a copy of the 2-DVD set Law of Attraction Live in Australia 2009 is included, allowing you to enjoy the Hicks live for years to come.

abraham hicks law of attraction: Law of Attraction Directly from Source Esther Hicks, Jerry Hicks, Scott Raposa, 2008-10 ***Music CD with insert, which will have all the song lyrics Through the magical projection of high-vibration music, Law of Attraction Directly from Source will powerfully and playfully immerse you in the progressive stream of thought and the highly practical wisdom of The Teachings of Abraham. Each track features Leading Edge electronically influenced music that has been woven around the empowering and upbeat voice of Esther as she speaks for Abraham—a Non-Physical group of highly evolved teachers. So just relax and listen quietly, or crank it all the way up as you move and groove with your own vibrational being. Either way, prepare yourself for a sonic ride on the soothing—yet soul-stirring—audio stream of Well-Being.

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abraham hicks law of attraction: The Reality of all Realities Katia Dagenais, 2014-09-29 We are a mass consciousness coming of age in the understanding of the eternal laws of the universe under which we co-exist. Humans have never before been more thirsty for answers to some of life's

most profound questions. Abraham is a group of non-physical entities that communicate through 'thought blocks' via Esther Hicks while in a meditative state. During deliberate meditation, Esther allows Abraham to come forth through her and together they have traveled across the United States spreading esoteric knowledge and processes since 1987. Audience members within these workshops have had questions answered so poignantly by Abraham themselves to the most enlightened and philosophical questions ever posed in the history of mankind. This book is a summary of the teachings of Abraham, with a concentration of law of attraction as one of the most powerful and influential laws in the universe. Learn how to connect with your source energy to tap into your powerful abilities to co-create and manifest anything you desire to be, do or have. Explore the teachings of Abraham in the major areas of health, money, careers and relationships. Discover life's most valuable knowledge and insights from the non-physical, and what Abraham followers have coined infinite intelligence.

abraham hicks law of attraction: Jerry and Esther Hicks' Spiritual Money Tree David Stone, 2015-02-12 A one time admirer looks back with a skeptical eye on the claims and teachings of Abraham-Hicks. How do they stand up in a cooler light outside the high intensity workshops and slick YouTube videos? Do the teachings make sense? Why does the organization continue to pretend Jerry Hicks is alive, more than three years after his death?

abraham hicks law of attraction: *The Amazing Power of Deliberate Intent* Esther Hicks, Jerry Hicks, 2007-01-05 DISCOVER HOW TO MANIFEST ANYTHING YOU WANT FROM #1 NEW YORK TIMES BEST-SELLING AUTHORS OF ASK AND IT IS GIVEN AND THE LAW OF ATTRACTION THESE TIMELESS TEACHINGS OF ABRAHAM INCLUDE POWERFUL SPIRITUAL PRACTICES TO MANIFEST ALL OF YOUR RELATIONSHIP, FINANCIAL, AND HEALTH DESIRES This leading-edge law of attraction book by Esther and Jerry Hicks, who present the teachings of Abraham, a group consciousness from the non-physical dimension beloved by millions, is about having a deliberate intent for manifesting whatever you want in life, while at the same time balancing your energy along the way. As you come to understand and effectively practice the processes offered here, you will not only achieve your goals and desired outcomes more rapidly, but you'll enjoy every single step along the path even before their manifestation. As such, you'll find that your life is an ongoing journey of joy. Some Chapters Include: · A New Way of Looking at Life · You Are a Powerful Leading-Edge Creator · Life on Planet Earth Continues to Get Better · The Art of Allowing Your Deliberate Intent · Your Amazing Power of Deliberate Intent · Connection, Your Most Natural State of Being · The Attractive Power of Your Creative Thought · The Powerful, Universal Law of Attraction · You Are Manifesting the Essence of What You Are Thinking About · It is Never Too Late to Change Direction · When You Ask, It Is Always Given "No matter what our fear or concern may be, Abraham not only has an answer for us, but also an easy process that we can do that will take us beyond the fear or the problem to a new level of enjoying life. I believe that the teachers known as Abraham are some of the best on the planet today." - Louise Hay "This book will reveal the dynamic processes for using more of your untapped potential—in this lifetime. Have you ever wondered how much potential for joy lies yet untapped within you? And when you relive those delicious relationship experiences that you've shared with those whose lives you've touched as you've grown into the Being that is now you—aren't you aware that there must be many more delightful relationships with so many more inspiring persons who are out there waiting for you to attract them into your life experience? I credit Abraham for the degree of joy that Esther and I experience as we're blessed with this opportunity to create different means of projecting their joy-based philosophy of practical spirituality to you." — From my heart, Jerry Hicks "We want you to remember that you are an Eternal Creator who has come forth into this Leading Edge to experience the joyous expansion of your Universe. We want you to remember your value, to know your worthiness, and to love your life. The most important thing for you to remember is that the better you feel, in any moment in time, the more in alignment with your Source and your desires you are. And nothing is more important than that you feel good. You are here on the Leading Edge of thought to experience the joy of riding the wave of expansion that is the promise of this everlasting life." - Abraham

abraham hicks law of attraction: Abraham-Hicks Quotes Ray Holmes, 2017-12-09 The Teachings of Abraham are life-changing and have deeply influenced many lives. In this book, Ray Holmes has compiled 101 powerful quotes from the Teachings of Abraham. You'll learn how all things, wanted and unwanted, are brought to you by this most powerful law of the universe, the Law of Attraction. According to Esther and Jerry Hicks, Abraham consists of a group of entities which are interpreted by Esther Hicks. Abraham have described themselves as a group consciousness from the non-physical dimension. The basic tenets of the Teachings of Abraham include one that says that people create their own reality through their attention and focus. Every quote will bring you to a greater understanding of your own personal value and will show you how to open your own doors to abundance, love and the things that you desire to manifest in your life.

abraham hicks law of attraction: Where's My Stuff? Tim C. Star, 2017-11-17 Esther Hicks and her late husband Jerry are the modern-day gurus at the top of the mountain in the personal prosperity arena. Esther is famous for her work as a channel for the non-physical entity group called Abraham, preaching an unwavering mantra of reach for the next better-feeling thought as the way to happiness. Author, Tim C. Star, has studied the Abraham-Hicks materials from the standpoint of a hopeful skeptic, looking for logical arguments for its efficacy as well as for holes in its theory. Inside, you'll find his arguments for and against what Abraham has to say. It's a left-brained, analytical look at a right-brained, intuitive concept. Written with humor and insight, each page serves up something to think about. Sometimes expanding on the quotes that inspired him to write, and sometimes offering his own translations, the author offers his personal thoughts and feelings about the Law of Attraction.

abraham hicks law of attraction: Ask and It Is Given (EasyRead Super Large 18pt Edition) ,

abraham hicks law of attraction: El Dinero y La Ley De Atraccion Esther Hicks, Jerry Hicks, 2009-02-15 Esta eminente e innovadora obra escrita por Esther y Jerry Hicks, quienes presentan las enseñanzas de la conciencia no física llamada Abraham, explica los dos temas que la poderosa Ley de Atracción afecta de forma más crónica: la situación financiera y el Bienestar físico. Este libro arroja una nueva luz sobre cada uno de los aspectos más significativos de su experiencia de vida y luego lo guía hacia el control creativo consciente de todos los aspectos de su vida. También va directamente al núcleo de lo que probablemente lo afecta más en su vida: el dinero y la salud física. La intención del libro es, además, alinearlos deliberadamente con la ley más poderosa del universo: la Ley de Atracción, y lograr que ésta trabaje específicamente para su beneficio. El Dinero y La Ley De Atraccion está formateado en cinco ensayos vibrantes: Primera Parte - Dar un giro y el Libro de aspectos positivos Segunda Parte - Atraer dinero y manifestar abundancia Tercera Parte - Mantener mi Bienestar físico Cuarta Parte - Perspectivas de salud, peso y mente Quinta Parte - Las profesiones como fuentes de placer lucrativas

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