



How to Overcome Superstitions

Ron J. Varman

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Are you superstitious? If so, you are not alone. The fear of Friday the 13th, a black cat, breaking a mirror, walking under a ladder, and sports superstitions is a problem in our culture. Despite the availability of psychology and self-help books, the fear of bad luck has not been solved. Until now, this how-to book explains what superstitions really are and shows you how to overcome superstitious phobias and eliminate your personal superstitions. Based on scientific evidence, this book provides four simple but powerful methods and techniques to combat almost any superstitions and negative beliefs, simply by using the power of your subconscious mind.

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