



# The Psychic Self-Defense Personal Training Manual

*Marcia L. Pickands*

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# The Psychic Self-Defense Personal Training Manual

*Marcia L. Pickands*

## **The Psychic Self-Defense Personal Training Manual** Marcia L. Pickands

Simple exercises that not only start readers on a path of psychic self-mastery, but also demonstrate the power of the mind, and the necessity of training it. Pickands teaches how to recognize psychic disturbance and the procedures for defense, in both everyday and extraordinary situations. She stresses ethical considerations, and illustrates her points with real life situations.

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