



The Secret Life of Communication: Opening to Unlimited Love

PhD Annie B. Wilson

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Life's challenges can diminish our awareness of the communication occurring in our bodies, hearts, and spirits. In *The Secret Life of Communication*, Dr. Annie B. Wilson guides us inward so we can align the mind, body, heart, and spirit; express our own true voice; deepen our connection to the divine; and build relationships that fulfill our deepest desires. Using real-life stories from her personal journey and those of her clients, Dr. Annie B. explains communication from an holistic approach. *The Secret Life of Communication* discusses how to experience unity and freedom through the four layers of communication and shows you how to: build harmony in your mind, body, heart, and spirit; nurture communication with loved ones and coworkers; obtain freedom from resentment and fear; facilitate pain-free conflict resolution; realize the joy of knowing you are enough, just as you are; and; gain unity with divine love. With humor and insight, *The Secret Life of Communication* teaches us how to listen and respond to all aspects of communication. It facilitates self-knowledge and healing through deeper communication with ourselves and others

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