



You are not doomed by your genes and hardwired to be a certain way for the rest of your life. A new science is emerging that empowers all human beings to create the reality they choose. In *Breaking the Habit of Being Yourself*, renowned author, speaker, researcher, and chiropractor Dr. Joe Dispenza combines the fields of quantum physics, neuroscience, brain chemistry, biology, and genetics to show you what is truly possible. Not only will you be given the necessary knowledge to change any aspect of yourself, you will be taught the step-by-step tools to apply what you learn in order to make measurable changes in any area of your life. Dr. Joe demystifies ancient understandings and bridges the gap between science and spirituality. Through his powerful workshops and lectures, thousands of people in 25 different countries have used these principles to change from the inside out. Once you break the habit of being yourself and truly change your mind, your life will never be the same!

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Umotu Haruna, has been docked by a Lagos Magistrates court on the Island for breaking into a warehouse and stole 13 pieces of baby beds worth of N200,000. The 22-years old defendant who has no fixed address and occupation pleaded not guilty to a two-count charge of breaking, entry and theft when he appeared BLOG 18 JAN Man confess how a commercial bus

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