



# **My Animal, My Self: A Breakthrough Way to Understand How You and Your Animal Reflect Each Other**

*Marta Williams*

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## **My Animal, My Self: A Breakthrough Way to Understand How You and Your Animal Reflect Each Other** Marta Williams

In this groundbreaking book, animal communicator Marta Williams brings into focus an unexamined dynamic in our relationships with our animals: the idea that our animals are often our mirrors. Deeply and inextricably connected to us on the physical, emotional, mental, and spiritual levels, they can pick up and reflect back to us the issues and events of our lives. Through stories, exercises, and an extensive questionnaire, you will gain unique insight into the healing and teaching roles of your companion animals, both past and current, and the profound gifts they offer.

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