



The Little Book of Big Promises

Peggy Rometo

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In the *Little Book of Big Promises*, intuitive healer **Peggy Rometo** guides you on an inspiring journey to uncover your life's path. Using guided meditations, energy work, and other practices that allow you to tap into your intuition, she helps you identify the big promises you made to yourself and the world before your life began.

Rometo's Pursuit of Promises process focuses on a sequence of significant events in your life—from as far back as childhood or from your life today—that have helped shape you. Each event brings forth a piece of you that is needed at that point in time, acting as a bridge from one stage of your life to the next. Looking at these events and your reactions to them will begin to reveal your promises—promises that outline the actions, intentions, and qualities you're meant to live. Throughout the process Rometo explores how to break free of the old patterns, beliefs, and fears that hold you back from embodying your true self.

In the end, you will find your current promise, which is your starting point for a plan of action to live an authentic, purposeful life. Ultimately, you will be able to honor your life's overarching promise: to share who you are.

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