



**Poems From The Heart Mind Body And Soul:  
poetry, non-fiction, spiritual, romance, love, poetic,  
life related, valentines day, christmas, self help, all  
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*Aleja Bennett*

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# Poems From The Heart Mind Body And Soul: poetry, non-fiction, spiritual, romance, love, poetic, life related, valentines day, christmas, self help, all ages, positive

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Relax your mind while drinking a nice cup of tea. Sit by the fire with your mate as these poems take you to an all so familiar state of mind. Heart-mind-body and soul will take control of your thoughts, fantasies, dreams and inner self. Enjoy the everyday realities of these outstanding poems. You will appreciate-think and relate to what the I was feeling-thinking as these poems were written. My main focus has been to help others over come childhood abuse-homelessness-rejections-false truths-addictions-unfortunate adoptions-low self esteem and broken relationships in all that I write.

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