



Reel Fulfillment: A 12-Step Plan for Transforming Your Life Through Movies

Maria Grace

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A powerful program based on the popular standing-room-only Learning Annex course to forge personal fulfillment through the movies

This original new approach to personal happiness teaches you how watching your favorite movies can radically improve your life. Using interactive prompts and work sheets, you will learn how silver-screen fantasies from such diverse movies as "Working Girl," "Star Wars," and even "Shrek" can uncover the self-imposed obstacles and unrealistic expectations that get in the way of realizing your dreams. With tips on how to create a realistic "life script," *Reel Fulfillment* will guide you to a "happily ever after."

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Elizabeth Jamerson:

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