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Ghostwriting Sample: Personal Growth Content for Relationship Counselor

Intuition comes from the heart-gut connection. A lot of people second guess intuition because it develops from observation and inner exploration. But second-guessing is not the same as examining. Second-guessing amounts to a slow refusal of what your feelings are telling you. Intuition defines your essence. That reveals your realizations and needs. You use your realizations and needs to define what you want. The idea that you need a study to prove what you feel or want is absurd. Unless you suffer from hallucinations, your intuition serves as a guide to help you achieve your ultimate goals. You must acknowledge your essence and in doing so, you acknowledge and value yourself.