

## Hauntings: Why They Happen and How to Help Yourself: Demons and The Truth About a Haunting

Helena V. Garilano

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### Hauntings: Why They Happen and How to Help Yourself: **Demons and The Truth About a Haunting**

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Hauntings: Why They Happen and How to Help Yourself: Demons and The Truth About a Haunting Helena V. Garilano

If you have ever experienced a haunting or have seen a ghost just once, you need to read this book! Did you every wonder about how hauntings start? Did you know most homes are haunted? Do you know how to recognize the signs of a haunting? Did you know that you don't need an Exorcist, Blessed Salt, Psychic, Medium, Paranormal Investigator, Sage or a Priest to help you end a haunting? Did you also know that you can put a stop to any haunting in your home? I will teach you how hauntings start and how to end them! .



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