



## The Book of Est

By Luke Rhinehart

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The greatest self-help book of all time, according to Dr. Joe Vitale. The Book of est immerses you in the closed doors of the controversial est trainings popularized in the 1970's.

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## **The Book of Est By Luke Rhinehart Bibliography**

- Sales Rank: #177846 in Books
- Brand: Brand: lulu.com
- Published on: 2010-05-18
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .58" w x 6.00" l, .79 pounds
- Binding: Paperback
- 228 pages

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