

Your Definitive Guide to Self-Healing and Happiness! 2nd Edition All You Ever Wanted to Know About Your Bodys Amazing Healing Powers! With Healing: Heal Your Mind, Heal Your Body, Love Your Life, youll learn how to move beyond your commercial health options. Perhaps it's time to look at more holistic ways to achieve well-being. Your body and mind control how you feel - much more than you might imagine. This book tells you how to heal your mind and body at the same time because they are part of the same equation. 7 Reasons to Buy Healing: Heal Your Mind, Heal Your Body, Love Your Life: Assess Your Life Understand How the Body Heals Learn How to Breathe Discover Essential Breathing and Meditation Exercises Study the Mind Body Connection Understand the Past, Present, and Future Learn Exercises to Take with You Wherever You Go Heres a preview of what you can learn from this interesting book: Many of the drugs prescribed in this day and age have so many side effects that it's hard to tell whether it's the illness itself that is making the patient sicker or the drugs that they choose to take. While we would not recommend changing any regime that you are on without consultation with your doctor, we would advocate looking at your life from a totally different perspective because the healing power of the mind is amazing, and the healing power of the body is equally well developed. You just need to know how to tap into it to reap the benefits which will make your life a happier place to be. Hurry! Purchase Healing: Heal Your Mind, Heal Your Body, Love Your Life right away! Just scroll to the top of the page and select the Buy Button. Youre worth it!

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