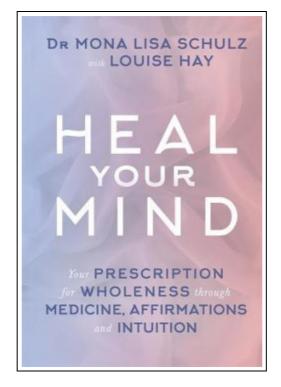
Heal Your Mind: Your Prescription for Wholeness through Medicine, Affirmations and Intuition (Paperback)



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Reviews

It in one of the most popular publication. It is actually writter in easy words instead of confusing. You will like how the author create this book.

(Art Gislason)

HEAL YOUR MIND: YOUR PRESCRIPTION FOR WHOLENESS THROUGH MEDICINE, AFFIRMATIONS AND INTUITION (PAPERBACK)



Hay House UK Ltd, United Kingdom, 2016. Paperback. Condition: New. Language: English. Brand New Book. Many of us grapple with how to stay happy, calm and focused in a world that seems to get more complex by the minute. How do we keep our wits about us, our mood stable and our memory intact when our brains and bodies are bombarded with information and influences from every side? This one-of-a-kind resource combines cutting-edge science with compassion and wisdom to offer answers we can really use. Heal Your Mind continues the three-pronged healing approach that Dr Mona Lisa Schulz and Louise Hay pioneered together in All Is Well: Heal Your Body with Medicine, Affirmations and Intuition. Here, it s applied to aspects of the mind ranging from depression, anxiety and addiction, to memory, learning and even mystical states. You Il learn what s going on in your brain and body when: You feel sad, angry or panicked An addictive substance or behaviour has hold of you You have trouble focusing, reading or remembering A past trauma is clouding your mind in the present An emotional state is a clue to a physical ailment and more! And in each chapter, you Il get a virtual healing experience through case studies in the All Is Well Clinic, where Dr Mona Lisa uses medical intuition to pinpoint issues in a wide range of prototypical client histories, as well as offering solutions and affirmations to help restore wellbeing. Today, the pill for every ill approach is so prevalent that we may think our minds and bodies need an endless array of expensive, ever-changing pharmaceutical interventions. In truth, medicines are just one approach to healing the mind; nutritional supplements give us another important way to support mind-body health, and affirmations, as well as various forms...

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