



## Healing: Heal Your Mind; Heal Your Body; Love Your Life: Self Help Guide (Paperback)

By Angel Graff

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Your Definitive Guide to Self-Healing and Happiness! 2nd Edition All You Ever Wanted to Know About Your Body's Amazing Healing Powers. With Healing: Heal Your Mind, Heal Your Body, Love Your Life, you'll 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 Here's 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...



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