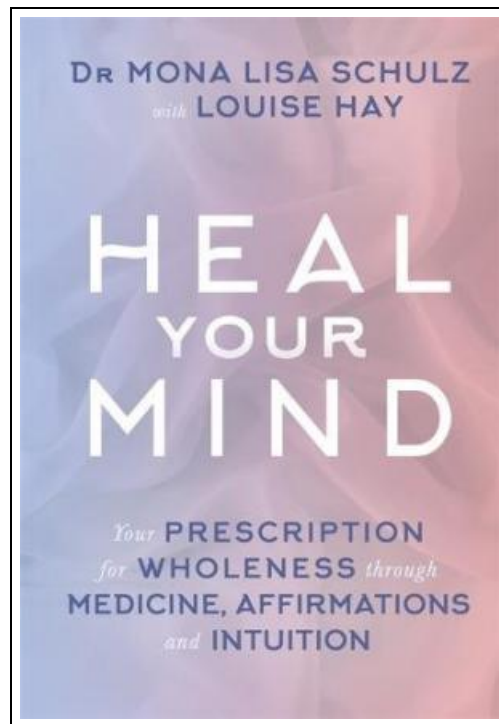


Heal Your Mind: Your Prescription for Wholeness through Medicine, Affirmations and Intuition (Paperback)



Filesize: 3.99 MB

Reviews

This kind of publication is every little thing and taught me to looking ahead of time and a lot more. It is packed with wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Ida Herman)

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

[DOWNLOAD](#)

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'll 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'll 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...



[Read Heal Your Mind: Your Prescription for Wholeness through Medicine, Affirmations and Intuition \(Paperback\) Online](#)



[Download PDF Heal Your Mind: Your Prescription for Wholeness through Medicine, Affirmations and Intuition \(Paperback\)](#)

You May Also Like



The About com Guide to Baby Care A Complete Resource for Your Babys Health Development and Happiness by Robin Elise Weiss 2007 Paperback

Book Condition: Brand New. Book Condition: Brand New.

[Download Book »](#)



Read Write Inc. Phonics: Yellow Set 5 Storybook 7 Do We Have to Keep it?

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 211 x 101 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read...

[Download Book »](#)



Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1)

Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Klara is a little different from the other...

[Download Book »](#)



Smile/Cry: Happy or Sad, Wailing or Glad - How Do You Feel Today?

Exisle Publishing (Australia). Hardback. Book Condition: new. BRAND NEW, Smile/Cry: Happy or Sad, Wailing or Glad - How Do You Feel Today?, Tania McCartney, Jess Racklyeft, An innovative flip-over picture book for young kids, showcasing...

[Download Book »](#)



The genuine book marketing case analysis of the the lam light. Yin Qihua Science Press 21.00(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2007-01-01 Pages: 244 Publisher: Science Press Welcome Our service and quality...

[Download Book »](#)