



Why Do We Get Sick? Why Do We Get Better? a Wellness Detective Manual

By John Dalton

Createspace, United States, 2011. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.No matter what you re told, what you ve got, or how bad it gets, never feel helpless about your health again. This book presents a workable model for how the different parts of you, physical, emotional and the deeper parts, interact with each other and how, when they are out of sync, cause symptoms. A model that will work for you for everything from the smallest pain to terminal illness. Reviews This book is remarkable. Not only is it a succinct summary on how to become your own wellness detective, it is also easy to read and humorous. With deep insight, it equips the user with a wellness model that they can use to monitor their health, and improve it. This book gave me sudden insight into the sources of my personal health issues, and has put me on the track to recovery. WJ Kington - Brisbane. Dear John, I want to thank you for the workshop and your book both of which precipitated a shift in my energy. I have for the last year or more...

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