



## Healing: 7 Ways to Heal Your Body in 7 Days (with Only Your Mind) (Paperback)

By Ruth Logan

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Healing - 7 Ways To Heal Your Body In 7 Days (With Only Your Mind) Modern medicine is a marvel, but the human brain, with all its capacity for thought and understanding is beyond marvelous and we would be doing ourselves a mighty disservice by not understanding how to use this tool to assist us in our own healing. We need modern medicine to help us heal, but there is a point at which we can and must, take control and responsibility for our own health. That is by controlling our mind, one of the most important missing parts of the puzzle of health. We need to learn how to heal the headache and not just conceal it for a while with paracetamol, but understand where it comes from and our stressors and only then can we cure it. Our aim is to heal the cause not just the symptom. If you need any proof of the strength of our mind in our healing, you only need to look at scientific evidence. Let's focus on the placebo...

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### Reviews

*Extensive guide! It's such an excellent read. This can be for anyone who states that there was not a worth looking at. I am just effortlessly will get a satisfaction of looking at a written publication.*

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*This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book I have got through. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

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