

## [HOW YOUR MIND CAN HEAL YOUR BODY](#)



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An unhealthy body can lead to an unhealthy mind, and an illness of the mind can trigger or worsen diseases in the body. Fixing a problem in one place, moreover, can often help the other. The brain, after all, is only another organ, and it operates on the same biochemical principles as the thyroid or the spleen.

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### **How Your Mind Can Heal Your Body Amazon.co.uk David R**

How Your Mind Can Heal Your Body unleashes the hidden powers within the mind to heal you in dramatic and enduring ways. This inspiring book is practical, positive and promises to have a direct impact on the way you view the mind-body connection.

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