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Your Body Speaks Your Mind Decoding the Emotional

Your Body Speaks Your Mind goes on to detail the body parts, some common diseases, disorders, and issues for each body part, and outlines their possible psychological and emotional connections. I appreciated Shapiro's overall acknowledgement about illness in the opening pages.

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Fully updated and expanded edition of the classic book on body-mind. What are your symptoms and illnesses telling you about yourself? In Your Body Speaks Your Mind, renowned teacher and bestselling author Deb Shapiro shows how understanding your body's 'language of symptoms' can increase your potential for healing.

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Your Body Speaks Your Mind: Decoding the Emotional, Psychological, and Spiritual Messages That Underlie Illness. A cross-referenced index of symptomatic illnesses, from headaches to pneumonia, and the emotional imbalances they symbolize Creative visualization and meditation techniques on CD to enhance your ability to listen to, communicate with,

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Your Body Speaks Your Mind Decoding the Emotional

Your Body Speaks Your Mind: Decoding the Emotional, Psychological, and Spiritual Messages That Underlie Illness by Debbie Shapiro. We all know how we cry tears when we are sad, or get butterflies in our stomach when we are nervous. These are simple connections between the mind and the body that are easy for us to understand.

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Your Body Speaks Your Mind Decoding the Marshall

Your Body Speaks Your Mind: Decoding the Emotional, Psychological, and Spiritual Messages That Underlie Illness Ebook Description: About the Author Deb Shapiro has trained extensively in various schools of bodywork, Buddhist meditation, and Jungian psychology in both England and America.

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