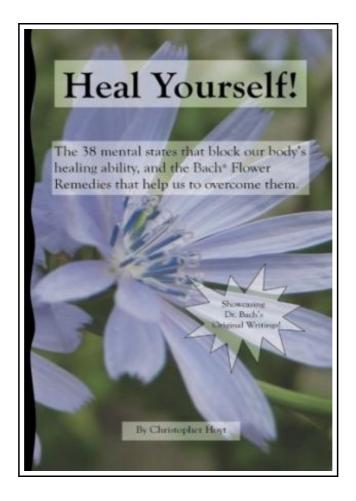
### Heal Yourself!: The 38 Mental States That Block Our Healing Ability, and the Bach Flower Remedies That Help Us to Overcome Them (Paperback)



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#### Reviews

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(Pasquale Larkin I)

# HEAL YOURSELF!: THE 38 MENTAL STATES THAT BLOCK OUR HEALING ABILITY, AND THE BACH FLOWER REMEDIES THAT HELP US TO OVERCOME THEM (PAPERBACK)



Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Heal Yourself! is one of the few modern Bach Remedy guides that attempts to be completely faithful to Dr. Bach s original teachings-including Dr. Bach s belief that he had developed an all-powerful and all-encompassing healing system, one capable of taking the fear out of disease by understanding its true origin and nature. In it, Bach-practitioner Christopher Hoyt lays out Dr. Bach s healing system in such a simple and easy to understand way so that it s hard not to quickly gain a full working knowledge of the Bach system-and the book is filled with clear diagrams and quick reference sections that allow even beginners to fully engage with the Bach system from day one. Showcasing Dr. Bach s original flower remedy descriptions from The 12 Healers Other Remedies-along with helpful additions to make them even easier to learn and to apply to various modern life situations-Heal Yourself! makes for an indispensable Bach guide that can help you to become well-versed on the subject in a remarkably short amount of time. Remaining true to Dr. Bach s message of simplicity, ease of use, and remaining focused on the incredibly powerful healing aspects of the Bach system is what greatly sets this book apart from all others on the subject (and therefore critical to read if you want to really understand and be able to use the Bach system effectively). In addition to including a thorough description of all the different Bach Remedy states, dosing instructions, and other pertinent information, there are sections on helping people get started tackling a variety of everyday life situations-such as their use in dieting and weight loss, in helping people better deal with the after-effects...

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