



Heal the Hidden Cause: Using the 5 Step Mind Detox Method

By Sandy C Newbigging, Sasha Allenby

Findhorn Press Ltd. Paperback. Book Condition: new. BRAND NEW, Heal the Hidden Cause: Using the 5 Step Mind Detox Method, Sandy C Newbigging, Sasha Allenby, Exploring the straightforward theory that there must be a reason why people aren't enjoying the life they want, this perceptive examination allows readers to uncover their personal stumbling blocks. Using the five steps to Sandy Newbigging's Mind Detox Method, unhealthy beliefs that cause physical and emotional problems can be rooted out and eradicated. These powerful techniques can simplify therapy and provide useful tools for letting go of emotional baggage, clearing the path towards achieving one's goals. More than just a tool for emotional betterment, this insightful guide demonstrates that dealing with inner conflicts can improve chronic pain, digestive issues, problem skin, and other physical maladies, thereby allowing for more effective life enjoyment.



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