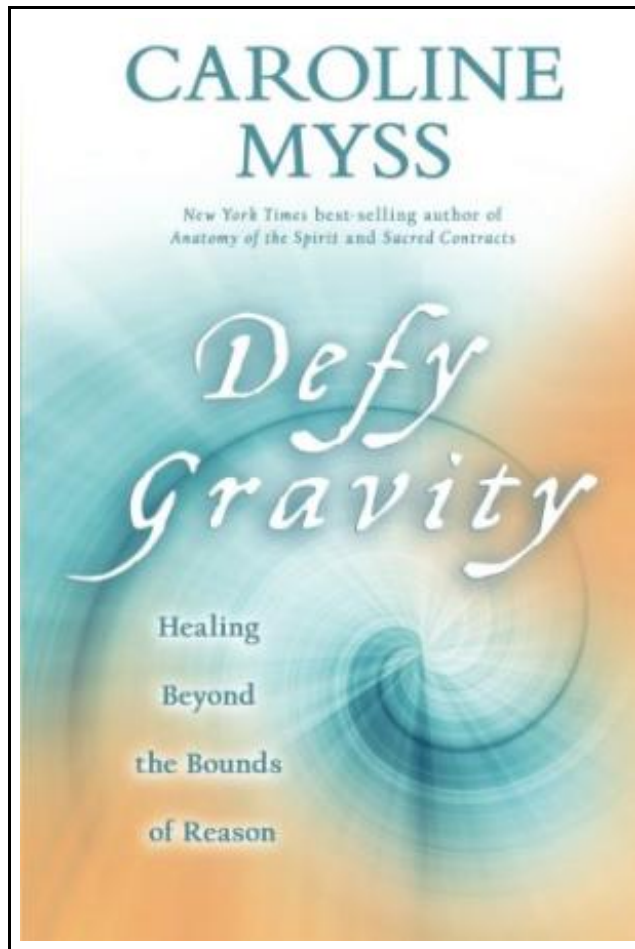


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Hay House Inc. Paperback. Book Condition: new. BRAND NEW, Defy Gravity: Healing Beyond the Bounds of Reason, Caroline M. Myss, Living in a Field of Grace We all face times when we need to be healed - some traumatic experience or grave disappointment overwhelms us, burying the pain deep inside, where it is hidden for days, months, even years. In Defy Gravity, bestselling author Caroline Myss challenges the conventional approach to healing, which maintains that we can always find reasons for why things happen as they do. The truth is, we can't, and now it's time to explore a model for healing that leads us into deeper and more effective truths. Drawing from her years as a medical intuitive and teacher, Myss shares real-life stories of people who were considered 'terminal cases' and, through nothing short of a miracle, survived their illnesses. Inspired by these ordinary people who overcame a wide array of physical and psychological ailments - from cancer to advanced diabetes - Myss utilises the wisdom of the great mystics, whose writings provide a deeper understanding of the spiritual underpinnings of healing. Based on these studies, Myss introduces a model of healing that draws on an understanding of the relationship between our seven shadow passions and our seven inner graces. Integral to this mystical healing approach is the engagement of the soul, which we experience through abandoning the fruitless quest for reason and logic and working in harmony with the mystical laws that govern our lives. This knowledge holds the key to understanding what it means to defy gravity and break through the boundaries of ordinary thought. In doing so, you come to understand how to bring closure to personal suffering and find the courage to build a new life. This inspiring book teaches you that it is...

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