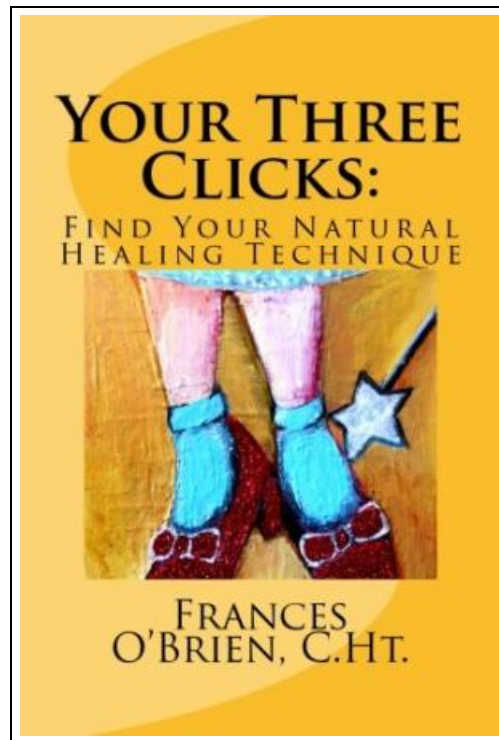


Your Three Clicks: Find Your Natural Healing Technique



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YOUR THREE CLICKS: FIND YOUR NATURAL HEALING TECHNIQUE



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you ever feel like Dorothy from The Wizard of Oz? When people talk to you about the mind-body connection and all the ways you can utilize it to make yourself healthier, do you feel like you've been picked up, tossed about and dropped into a foreign land where you don't really recognize anything and you don't feel at home? Perhaps you've known people who've experienced Reiki, or who swear by the healing properties of frequent massages; whose homes always smell so nice because of the essential oils being diffused, or who sing the praises of their hypnotherapists. You may even have wanted to give some of these alternative methods a try for yourself, but you didn't know how to discover which would be the right one for you. And you didn't want to ask; after all, your friends sound so knowledgeable and experienced about what they do, and you don't want to look like the square kid in the school yard. Perhaps you've even begun to research a technique or two on the internet and become overwhelmed by all of the information available. Well, now it's time to do yourself a favor: reclaim your power, see to your self-care, and begin to experience the benefits. After all, if you don't take care of yourself, who will? With this book, certified hypnotherapist Frances O'Brien has made the process of finding your natural healing technique down-to-earth, interesting and enjoyable. She's compiled an informative guide that lays out in simple terms how you can easily find the right technique for you. She describes a number of alternative...



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