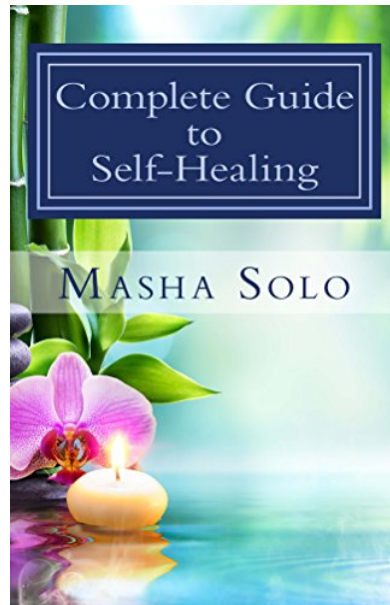


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This complete guide of self-healing techniques will assist in caring for all aspects of your health. Our minds and bodies are in a very tight connection. When the mind becomes unhappy, the body follows and falls ill. You will find a list of emotional reasons that can trigger physical illnesses along with easy instructions on how to deal with them. We all are metaphysical creatures, but we live in physical bodies that need to be fed properly, receiving important nutrients and vitamins. This book includes different diets along with energy healing and self-hypnosis techniques. Start healing your mind through self-hypnosis and energy balancing and you will see how your body strengthens and heals!

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