



## The Beginner's Guide to Mind, Body and Spirit

---

By Suzanne Coldwell

Author Essentials. Paperback. Book Condition: new. BRAND NEW, The Beginner's Guide to Mind, Body and Spirit, Suzanne Coldwell, Over the last 200 years, Western medicine has achieved many remarkable breakthroughs in the treatment of human disease. However, in the pursuit of scientific knowledge, and as a result of increasing reliance on pharmaceutical drugs, many of the traditional wisdoms concerning simple healing remedies tended to be neglected. Under the clinical scientific eye, the human body was seen as a mechanism in need of repair, as though it were an organism functioning separately from the mind, emotions and spirit. The symptoms of disease became the focus of medicine, and the intrinsic wholeness of the patient was overlooked. In more recent times, there has been a growing willingness among medical practitioners to acknowledge the value of complementary healing arts in the treatment of physical and psychological conditions and, more importantly, in the maintenance of health. Most of these disciplines share a common holistic principle - that the well-being of the body, mind and spirit is interlinked and inseparable. In this book you will find quick and simple ways to maintain your mind, body and spirit in good health.



**READ ONLINE**  
[ 4.39 MB ]

### Reviews

*A fresh e-book with a brand new perspective. This is certainly for anyone who statte that there had not been a really worth reading. I am just happy to explain how this is the very best publication i have go through in my individual lifestyle and may be he best pdf for ever.*

-- **Margarett Roob**

*The very best publication i possibly study. This is certainly for anyone who statte there was not a worth looking at. I am just very happy to tell you that this is basically the best pdf i actually have study inside my individual life and could be he very best pdf for possibly.*

-- **Darlene Blick**