

Peace, Love and Healing: The Path to Self-healing



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Reviews

A superior quality book and also the font employed was fascinating to learn. I could possibly comprehended almost everything using this created e publication. You wont sense monotony at at any time of your respective time (that's what catalogs are for about should you ask me).

(Lucile Morissette)

PEACE, LOVE AND HEALING: THE PATH TO SELF-HEALING



Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Peace, Love and Healing: The Path to Self-healing, Bernie S. Siegel, Full of inspiring stories of patients who have achieved remissions and miraculous cures for illnesses such as multiple sclerosis and cancer, Dr Siegel shows us how emotions such as love, hope, joy and peace of mind have strong physiological effects on each of us, as do depression and despair. Peace, Love and Healing teaches us to be receptive to the messages our mind gives our body through dreams and symbols, and how to view illness as a 'reset button' enabling us to redirect our lives. Equally importantly the book explains how to give your body healing messages through the use of meditation, visualization and relaxation. Although the important role of modern medicine is recognised, Bernie Siegel offers us many examples and case studies of the remarkable results that we can achieve through body-mind communication and reiterates his essential point - that love heals.



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