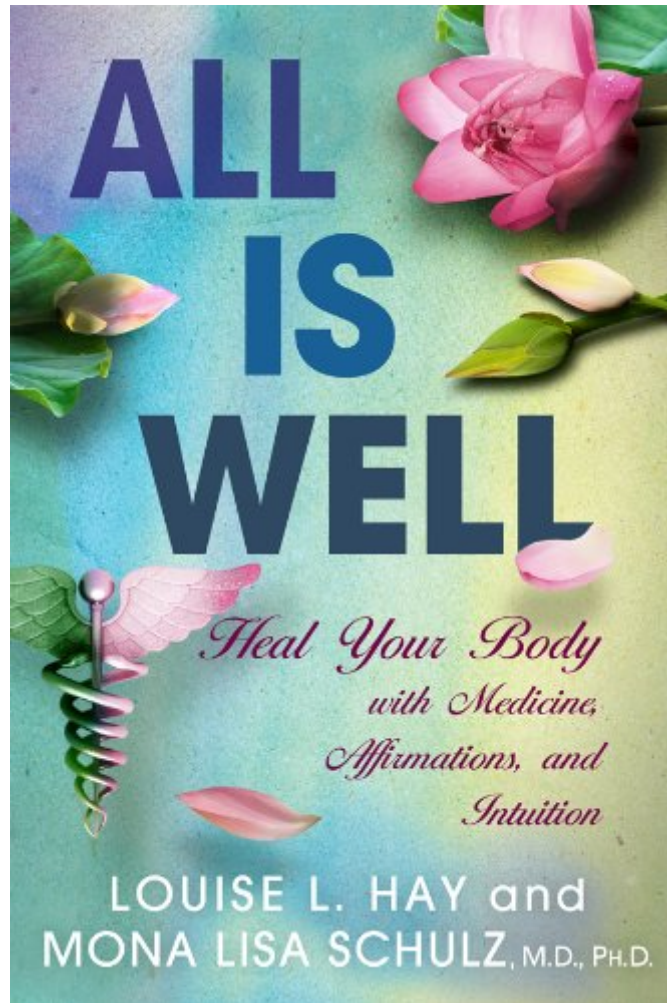


The book was found

All Is Well: Heal Your Body With Medicine, Affirmations, And Intuition



Synopsis

• Whenever there is a problem, repeat over and over: All is well. Everything is working out for my highest good. Out of this situation only good will come. I am safe. • In this healing tour de force, best-selling authors Louise L. Hay and Dr. Mona Lisa Schulz have teamed up for an exciting reexamination of the quintessential teachings from Heal Your Body. All Is Well brings together Louise's™ proven affirmation system with Mona Lisa's™ knowledge of both medical science and the body's™ intuition to create an easy-to-follow guide for health and well-being. And, for the first time ever, they present scientific evidence showing the undeniable link between the mind and body that makes these healing methods work. Bringing focus and clarity to the effects of emotions on the body, All Is Well separates the body into seven distinct groups of organs – or emotional centers – that are connected by their relationship to certain emotions. Structured around these emotional centers, the authors outline common imbalances and probable mental causes for physical illness. They also include case studies that show a complete program for healing that draws from all disciplines, including both traditional and alternative medicine, affirmations, nutritional changes, and so much more. Using the self-assessment quiz, the holistic health advice, and an expanded version of Louise's™ original affirmation chart, you can learn how to heal your mind and body with affirmations and intuition and live a balanced, healthy life.

Book Information

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Customer Reviews

If you remember Louise Hayâ™s famous 1980s book, You Can Heal Your Life, you will understand the extremely groundbreaking healing advice contained in this new, spiritually, scientifically and medically targeted book, All Is Well, Heal Your Body with Medicine, Affirmations and Intuition. This great book was a collaborative effort between Louise Hay, founder of Hay House, a successful publishing company, and Mona Lisa Schulz, M.D., PhD, who holds two doctorate degrees and has over 25 years experience as a practicing medical intuitive. Together, these two amazing women united the use of complex science and spiritual health research to help others empower themselves to experience complementary avenues to personally heal. I could relate to many of the “From the Clinic files” case studies they shared in this book. Many of the holistic recommendations they provided, along with traditional medicine, often included seeing a Chinese herbalist and an acupuncturist. I was happy to see this as Iâ™m a big proponent of utilizing holistic with traditional medical practices. Many of the case studies were normal people with body, mind or spirit issues that spun into a particular health issue. Through these case studies, it was never more clear to see how important our thoughts are in creating our illnesses and realities “ good and bad. This book, divided into Seven Emotional Centers, helped me discover troubled areas in my body that needed acute attention. The recommended affirmations for these troubled areas helped me focus my healing efforts more easily. Many of my issues center around the fifth and sixth emotional centers “ everything north of my heart.

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Clairvoyance, Intuition & Psychic Power
Guided Meditation and Affirmations: Sleep Learning System
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Rapid Weight Loss Affirmations: Positive Daily Affirmations to Help you Lose Weight Fast Using the Law of Attraction, Self-Hypnosis, Guided Meditation and Sleep Learning
BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman

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