

Foolproof Ways To Heal & Stay Well: 3 Simple Self-Help Steps For Healing & Renewal (Foolproof Ways Series)



Are You Ready To Have More Control Over Your Health Than You Ever Imagined? 3 Outside-The-Box Steps to Get and Stay Well Step One - Resist To Make War Step Two - Allow To Make Peace Step Three - Restore To Make Whole This book is for you If your get well methods are not working If self-direction is how you handle your life If you are looking for leading-edge techniques to restore health and well being If you want to speed up recovery time If you want to better emotionally handle your health situation You will find 11 simple self-help practices to heal and renew Proven tips for pain relief Easy energy medicine tools to heal and stay well No special food, vitamins, supplements, or physical therapy required for the results you desire What the Nocebo and Placebo Effects bring to your good health or lack of it How to turn on your relaxation response for ease of healing and staying well The potency of meaning placed on pain All this with or without stopping the health measures you use now Get your copy of Foolproof Ways To Heal & Stay Well today!

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