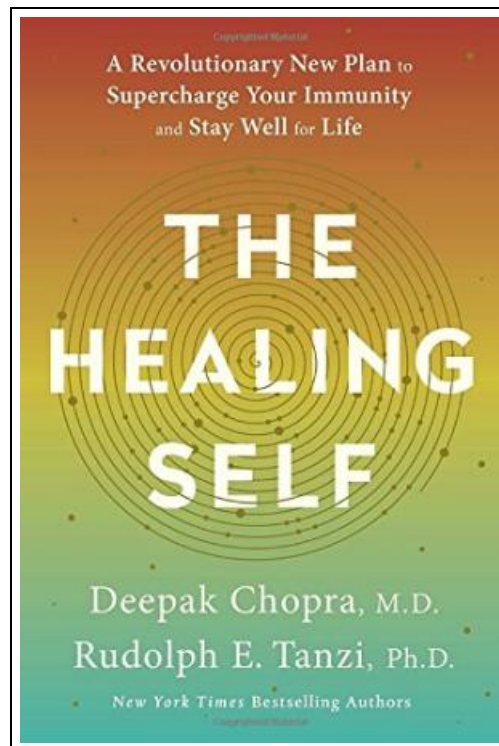


The Healing Self: A Revolutionary New Plan to Supercharge Your Immunity and Stay Well for Life (Hardback)



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Reviews




*I just started out looking at this ebook. This can be for those who statte there had not been a worthy of reading through. You can expect to like the way the blogger publish this ebook.
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THE HEALING SELF: A REVOLUTIONARY NEW PLAN TO SUPERCHARGE YOUR IMMUNITY AND STAY WELL FOR LIFE (HARDBACK)



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HARMONY, 2018. Hardback. Condition: New. Language: English . Brand New Book. After collaborating on two major books featured as PBS specials, Super Brain and Super Genes, Chopra and Tanzi now tackle the issue of lifelong health and heightened immunity. We are the midst of a new revolution. For over twenty-five years Deepak Chopra, M.D. and Rudolph E. Tanzi, Ph.D. have revolutionized medicine and how we understand our minds and our bodies--Chopra, the leading expert in the field of integrative medicine; Tanzi, the pioneering neuroscientist and discoverer of genes that cause Alzheimer s Disease. After reaching millions of people around the world through their collaborations on the hugely successful Super Brain and Super Genes books and public television programs, the New York Times bestselling authors now present a groundbreaking, landmark work on the supreme importance of our immune system in relation to our lifelong health. In the face of environmental toxins, potential epidemics, superbugs, and the accelerated aging process, the significance of achieving optimum health has never been more crucial--and the burden to achieve it now rests on individuals making the right lifestyle choices every day. That means you. You--not doctors, not pharmaceutical companies--are ultimately responsible for your own health. Chopra and Tanzi want to help readers make the best decisions possible when it comes to creating a holistic and transformative health plan for life. In The Healing Self they not only push the boundaries of the intellect to bring readers the newest research and insights on the mind-body, mind-gene, and mind-immunity connections, but they offer a cutting-edge, seven-day action plan, which outlines the key tools everyone needs to develop their own effective and personalized path to self-healing. In addition, The Healing Self closely examines how we can best manage chronic stress and inflammation, which are immerging as the primary detriments...

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