



Movement for Self-Healing: An Essential Resource for Anyone Seeking Wellness

By Meir Schneider

HJ Kramer/New World Library. Paperback. Book Condition: New. Paperback. 288 pages. Born blind and declared incurable after a series of childhood operations, Meir Schneider remained convinced that his disability was not permanent. As a teenager he began to work with teachers who gave him exercises to reverse his blindness. Within four years he gained a remarkable degree of vision, and began developing a system of therapeutic exercise combining movement, breathing, and mental imagery. When he began working with others, miraculous recoveries occurred. The book gives specific guidelines for back problems, arthritis, multiple sclerosis, breathing ailments, eye problems, and muscular dystrophy. Movement for Self-Healing parallels the stories of Schneider and the people he has worked with, detailing his holistic methods of stimulating the natural healing powers of the body, offering a practical guide to specific exercises, and articulating a profound message of inspiration and hope. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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