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A Common-Sense View of the Mind Cure (Paperback)

By Laura M Westall

Createspace Independent Publishing Platform, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Are you stressed, Depressed, or Having issues with arthritis? This book attempts to show you with instructions and diagrams how to naturally relieve these symptoms. A lot of the theories floated by progressive thinkers at the turn of the 20th century have today been consigned to the dust bin of history. Some have, however, entered the mainstream. For instance, the Mind Cure, essentially New Thought/Christian Science without the mystical and religious entanglements, is not so far off from what is now termed mind-body medicine. This long-out-of-print book is a succinct and very clearly written exposition of the Mind Cure. The Mind Cure acknowledges the active role that the patient s mental state can take in resolving health problems, while not disregarding orthodox western medicine. Much of the advice in this book would today probably be regarded by many medical professionals as sensible, and at the very least, not harmful. Before using these exercises please consult with your doctor or a medical expert before using any of the treatments in this text.



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