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Your Body Reveals: Awaken to Your Truth: 7 Steps to Wholeness (Paperback)

By Lisa Berman

Balboa Press, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Your body is totally honest! Are you listening? Do you understand what it is telling you? Your Body Reveals: Awaken to Your Truth offers a depth of wisdom through Lisa Berman's psychosomatic and empirical understanding. Learn how thoughts, beliefs, and perceptions can manifest as symptoms, illness, and disease. Understand the body's communication and the inherent message from your Soul. Experience 7 Steps to Wholeness. Create an awakened life in harmony with your Soul. Choose effective exercises and meditations for your personal healing, and learn essentials for a nutritional diet. Your Body Reveals: Awaken to Your Truth is a handbook to guide you to more balance, inner peace, health, and wholeness. This book could change the lives of millions . -Ruediger Dahlke, MD, psychotherapist, author . . invites us to a profound understanding of health and wholeness, where physical symptoms, illness and disease are seen as a call from our Soul for deeper alignment and wholeness . -Leah Green, director of The Compassionate Listening Project . . offers us a practical, in-depth manual for living a healthy, wholesome, and inspired life....



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Reviews

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