

The 9 Principles of Self-healing: The 40 Day Program to Absolute Wellness : how to Turn Any Healing Crisis Into an Opportunity to Wake Up and be Free

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Abstrak

This book outlines nine principles that the authors believe can help people heal themselves from physical, emotional, and spiritual ailments. The principles include: Taking responsibility for your own health
Understanding the root causes of illness Addressing the emotional and mental aspects of healing Using
natural healing methods Connecting with your spiritual nature Practicing forgiveness and compassion
Living a balanced and harmonious life Creating a supportive community Never giving up hope