

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