



Your Mind Can Heal Your Body: How Your Experiences and Emotions Affect Your Physical Health

By Matthew Manning

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We all have healing abilities, whether we know about them or not. In this new guide to achieving optimum health, well being, and happiness, you will learn how to listen to the messages your body is giving you as well as how to awaken and nurture your own healing abilities to deal with them. Based on Matthew's amazing experiences as a healer, his work with thousands of patients, and his understanding of how your emotions are linked to your health, this book is full of stories about real-life healing, as well as step-by-step exercises to take you through the healing process. You will discover how to get in touch with the wisdom of your own body; how certain physical conditions can be traced to mental states; what healing can do—and what it can't; the importance of the mind and the healing power of visualization; and how to heal low self-esteem, anger, guilt, fear, jealousy, and anxiety.

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Editorial Review

About the Author

Matthew Manning is the author of *The Healing Journey* and *The Link*.

Users Review

From reader reviews:

Daniel Hendrix:

In this time globalization it is important to someone to get information. The information will make you to definitely understand the condition of the world. The health of the world makes the information simpler to share. You can find a lot of referrals to get information example: internet, newspapers, book, and soon. You can view that now, a lot of publisher in which print many kinds of book. The actual book that recommended to you is *Your Mind Can Heal Your Body: How Your Experiences and Emotions Affect Your Physical Health* this publication consist a lot of the information from the condition of this world now. This specific book was represented how can the world has grown up. The language styles that writer use for explain it is easy to understand. The writer made some research when he makes this book. Here is why this book suited all of you.

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