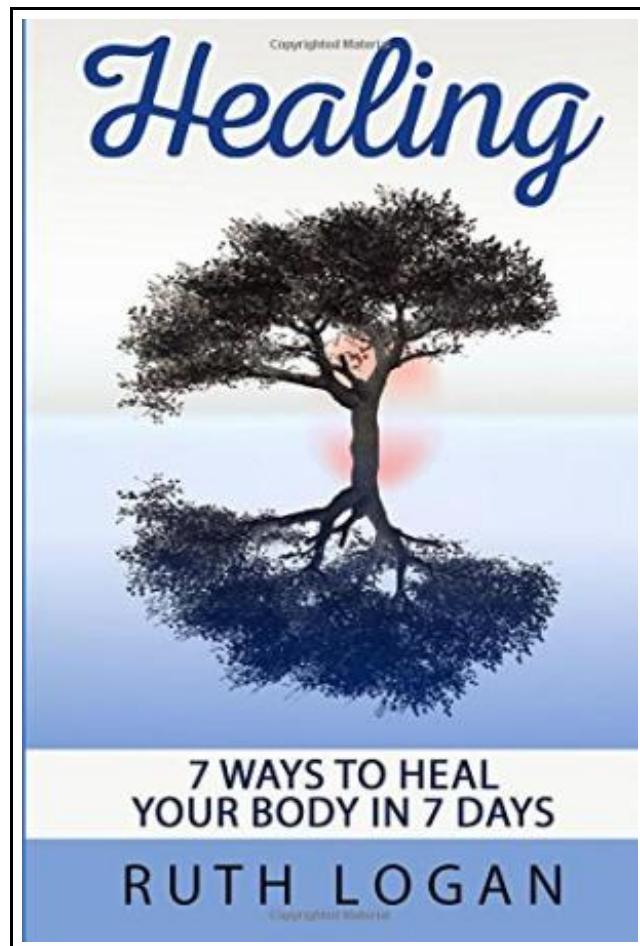


## Healing: 7 Ways to Heal Your Body in 7 Days (with Only Your Mind)



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## HEALING: 7 WAYS TO HEAL YOUR BODY IN 7 DAYS (WITH ONLY YOUR MIND)

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Healing - 7 Ways To Heal Your Body In 7 Days (With Only Your Mind) Modern medicine is a marvel, but the human brain, with all its capacity for thought and understanding is beyond marvelous and we would be doing ourselves a mighty disservice by not understanding how to use this tool to assist us in our own healing. We need modern medicine to help us heal, but there is a point at which we can and must, take control and responsibility for our own health. That is by controlling our mind, one of the most important missing parts of the puzzle of health. We need to learn how to heal the headache and not just conceal it for a while with paracetamol, but understand where it comes from and our stressors and only then can we cure it. Our aim is to heal the cause not just the symptom. If you need any proof of the strength of our mind in our healing, you only need to look at scientific evidence. Let's focus on the placebo experiment. Every test has two groups, one group gets given the actual medicine and the other group gets given a placebo, something like a sugar pill. What is found in many cases is that patients in a group that have been given the placebo also get better. This is called the placebo effect. Your mind is convinced that you are getting better from this pill and so you do. There are even studies showing that the reverse is true. In the 1960s, tests by Rosenthal and Jacobson in the Oak School showed that children, conditioned to believe that they...

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