



## Healing Ourselves: Body, Mind and Spirit

By Ralph Wiggins Ph D

Createspace, United States, 2011. Paperback. Book Condition: New. 212 x 136 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Throughout my life I ve heard many assertions that we use only a very small portion of our mental capabilities. I ve also heard much hectoring about how each of us must take charge of our own health and growth. This book explains how, to my surprise, I have done that and how you can do the same. I focus on four basic areas: immunity to toxicity, immunity to psychic influences from others, raising your level of consciousness, and healing your subconscious-the shadow. Anyone can use these methods-no apparatus, no supplements, no prescriptions, no rituals, no gurus-to enhance their level of flourishing. Each person has upper limits to just how widely they can flourish. Those limits are well above wherever you are now operating.

DOWNLOAD



READ ONLINE  
[ 4.99 MB ]

### Reviews

*Completely essential read publication. It is really basic but excitement in the fifty percent of the book. You will not really feel monotony at anytime of your respective time (that's what catalogues are for about in the event you ask me).*

-- **Lexie Paucek PhD**

*Complete guide! Its such a great study. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Dr. Hermann Marvin PhD**