



## How to UnBreak Your Health: Your Map to the World of Complementary and Alternative Therapies, 2nd Edition (Paperback)

By Alan E. Smith

Loving Healing Press, United States, 2010. Paperback. Condition: New. Language: English. Brand new Book. Find better health with your map to the world of complementary and alternative therapies in this comprehensive health and wellness guide for mind, body, and spirit. Are you sinking into the Quicksand of Pain? Are you stranded in the Mountains of Misery or simply lost in a Forest of Symptoms? Find your way to Hope with the second edition of the award-winning book How To UnBreak Your Health: Your Map to the World of Complementary and Alternative Therapies. Discover how your body, mind and energy/spirit can work together to produce better health. Learn how to take charge of your health and find your path to the best health possible. Trying to figure out where you are with your health problems, where you need to go and the best way to get there? You need a map to find your way around the amazing world of complementary or alternative therapies! Which therapies are right for you and your health problems? Find out in this easy-to-read guide to all of the therapies available outside the drugs-and-surgery world of mainstream medicine. Uncover the latest scientific research that's opening the...



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