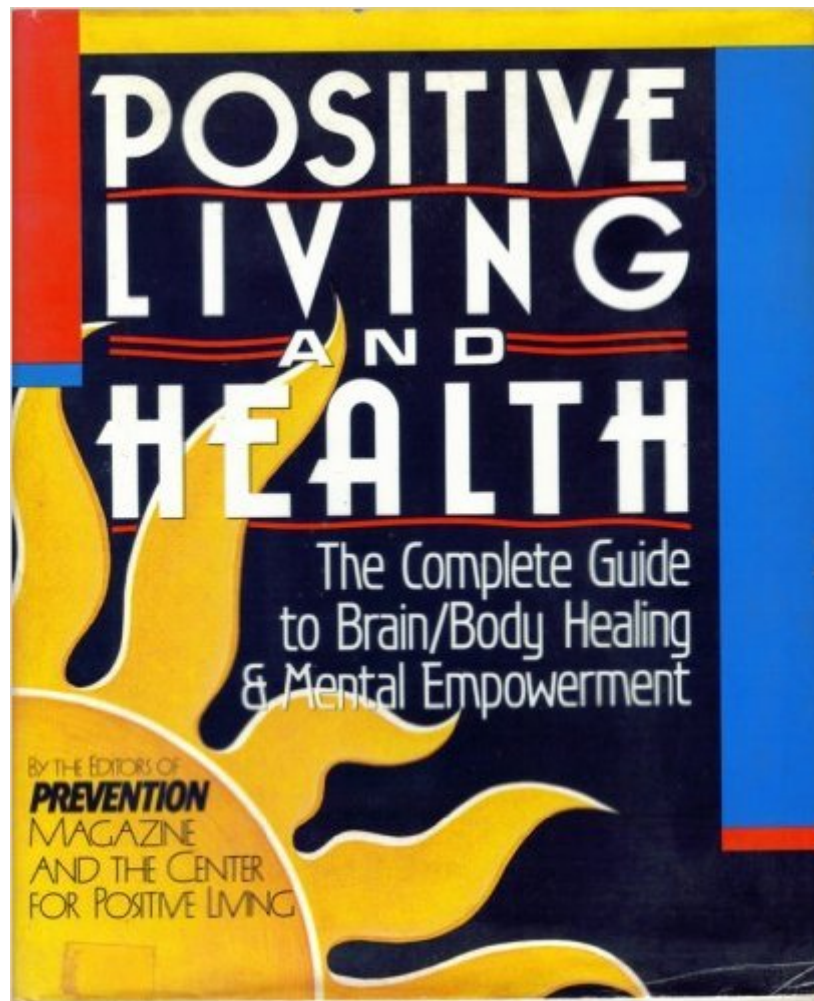


The book was found

# Positive Living And Health: The Complete Guide To Brain/Body Healing And Mental Empowerment



## Synopsis

When it comes to health, it is the thought that counts. This book shows readers, in detail, how to take control of the mind, uncover its hidden potentials, and reward themselves with health and happiness. 50 illustrations.

## Book Information

Hardcover: 516 pages

Publisher: Rodale Pr; First Edition edition (December 1989)

Language: English

ISBN-10: 0878578544

ISBN-13: 978-0878578542

Product Dimensions: 9 x 7.7 x 1.5 inches

Shipping Weight: 2.6 pounds

Average Customer Review: 4.0 out of 5 stars Â Â See all reviews Â (1 customer review)

Best Sellers Rank: #353,804 in Books (See Top 100 in Books) #17 in Â Books > Health, Fitness & Dieting > Psychology & Counseling > Medicine & Psychology

## Customer Reviews

i found this book in a corner of a library of an Indian company where i used to work. With curiosity i picked it up. Until then i had no idea about the contents of the book. i started reading the book and experimenting on myself. it felt pleasurable. the way the matter is organized in the book with scientific results is just unbelievable. After reading the book i really felt that this is the right book to learn and experience the power of meditation and other mind healing techniques which empowers the brain. Though i read the book a number of times, i find something new everytime i read it. it helped me get rid of tensions of professional life.

[Download to continue reading...](#)

Positive Living and Health: The Complete Guide to Brain/Body Healing and Mental Empowerment

Positive Discipline for Preschoolers: 10 Tips on Making Your Child Responsible and Confident

(Positive Discipline, Positive Discipline for Preschoolers, Positive Discipline In The Classroom)

Positive Thinking: How to Eliminate Negative Thinking and Gain Success, Health and Happiness

Through Positive Thinking and Self-empowering Affirmations (Positive Thinking Everyday Book 1)

Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core

Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition) Brain Training:

The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Positive Parenting: How to talk to your kids so they listen...Your guide to everything you need to know about positive parenting and raising children to ... Positive Discipline, Parenting Books) Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) MENTAL ILLNESS: Learn the Early Signs of Mental Illness in Teens (Teen mental illness, teen mental health, teen issues, peer issues, treatment) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Positive Options for Living with COPD: Self-Help and Treatment for Chronic Obstructive Pulmonary Disease (Positive Options for Health) Positive Thinking: How to Rewire Your Brain with Positive Thinking and Self-Empowering Affirmations to Finally Achieve Success and Freedom BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Empowerment Series: The Skills of Helping Individuals, Families, Groups, and Communities (Cengage Learning Empowerment Series) Brooks/Cole Empowerment Series: Direct Social Work Practice (Brooks / Cole Empowerment Series) Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) Positive Options for Children with Asthma: Everything Parents Need to Know (Positive Options for Health)

[Dmca](#)