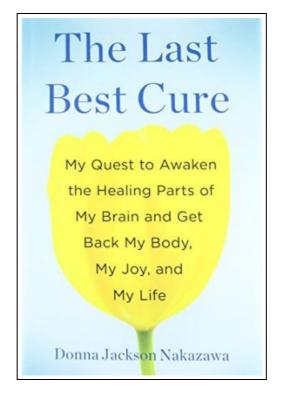
The Last Best Cure: My Quest to Awaken the Healing Parts of My Brain and Get Back My Body, My Joy, and My Life (Hardback)



Filesize: 8.52 MB

Reviews

Thorough guide! Its such a very good go through. It is really simplified but surprises in the 50 % from the ebook. You will like how the blogger write this ebook.

(Mr. Brandt Kihn)

THE LAST BEST CURE: MY QUEST TO AWAKEN THE HEALING PARTS OF MY BRAIN AND GET BACK MY BODY, MY JOY, AND MY LIFE (HARDBACK)



Hudson Street Press, United States, 2013. Hardback. Condition: New. Language: English. Brand New Book. One day Donna Jackson Nakazawa found herself lying on the floor to recover from climbing the stairs. That s when it hit her. She was managing the symptoms of the autoimmune disorders that had plagued her for a decade, but she had lost her joy. As a science journalist, she was curious to know what mind-body strategies might help her. As a wife and mother she was determined to get her life back. Over the course of one year, Nakazawa researches and tests a variety of therapies including meditation, yoga, and acupuncture to find out what works. But the discovery of a little-known branch of research into Adverse Childhood Experiences causes her to have an epiphany about her illness that not only stuns her--it turns her life around. Perfect for readers of Gretchen Rubin s The Happiness Project, Nakazawa shares her unexpected discoveries, amazing improvements, and shows readers how they too can find their own last best cure.

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