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Heal Yourself

By Lynn Zimmerman

Sunrise River Press, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. Fascinating ongoing research in quantum physics and the brain's neuroplasticity has proven that, by employing simple sensory and mental exercises, individuals can change the chemical messages the brain sends to every muscle, organ, and system in the body. People can, in effect, remap their brain's neural circuitry to promote all types of healing, including for chronic pain, depression, cancer, and more. In *Heal Yourself*, Dr. Lynne Zimmerman explains in lay language the cutting-edge science behind the human brain's ability to reconfigure its own electrochemical format and demonstrates how readers can direct changes in their brain map to alter the cellular codes that help determine immune strength, emotional states, degenerative states (affecting the ability to stay youthful), and even mental perceptions of reality. Zimmerman carefully constructs for readers the logic and science behind the method and creates a sound, research-based case for the healing our bodies are so very capable of. Finally, a book that connects the science with the how-to and that thoroughly covers the foundation for healing we need to set in place to keep our...



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