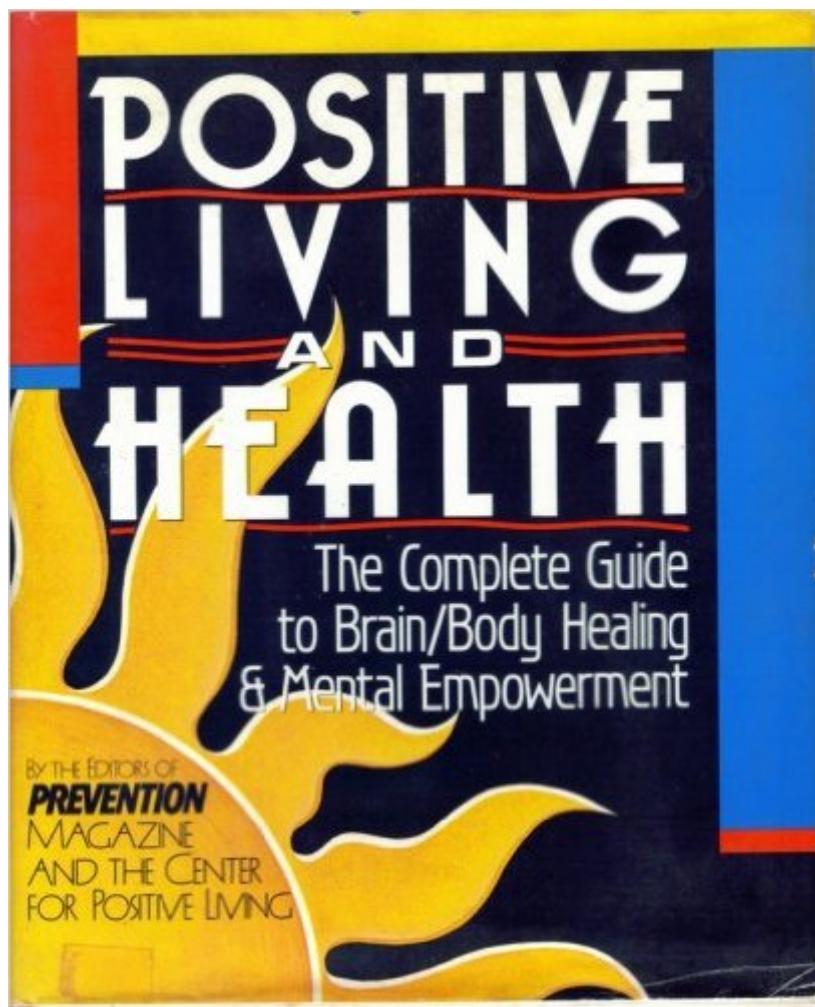


The book was found

# 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)

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Product Dimensions: 9 x 7.7 x 1.5 inches

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

Best Sellers Rank: #353,804 in Books (See Top 100 in Books) #17 in 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 curiously 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.

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