

1. Record Nr.	UNINA9910148941703321
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Titolo	Journey, The : A Practical Guide to Healing Your Life and Setting Yourself Free
Pubbl/distr/stampa	HarperCollins UK
ISBN	0-00-748691-X
Disciplina	615.8/52
Lingua di pubblicazione	Inglese
Formato	Musica
Livello bibliografico	Monografia
Sommario/riassunto	<p>This edition of the classic self-help bestseller is fully revised and updated to reflect the newest developments in the mind-body field today. The Journey was born of Brandon Bays' extraordinary experience of healing from a football-sized tumour, without drugs or surgery, in 6 weeks. Forced to go beyond the limits of known alternative therapies (she had been working in mind/body healing for two decades) she was catapulted into a remarkable, soul-searching and ultimately ground-breaking healing journey. Bays pioneered a remarkable healing technique that guides us directly to the root cause of a longstanding difficulty - emotional or physical - and then gives us the tools to resolve it. At the most sophisticated nexus of mind-body healing today, The Journey offers a simple imaginative process that is a revolutionary way to actually access memories held in specific parts of the body, bringing the latest findings of energy medicine into a fast, effective technique that anyone from a CEO to a child can use.</p>