1. Record Nr. UNINA9910164887603321 Autore Wynne Abby **Titolo** How to be well: use your own natural resources to get well and stay well for life / / Abby Wynne Pubbl/distr/stampa [London, England]: ,: [Hay House UK], , 2016 ©2016 1-78180-685-3 **ISBN** Descrizione fisica 1 online resource (159 p.) Disciplina 615.5 Soggetti Healing Women - Health and hygiene Self-esteem in women Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Note generali Description based upon print version of record. Nota di bibliografia Includes bibliographical references. Nota di contenuto Copyright Page; Table of Contents; List of Exercises, Meditations and Ceremonies: Acknowledgements: Introduction: Part I: Gaining Awareness; Chapter 1: Who Are You?; Chapter 2: How You Connect Energetically Through Relationships; Part II: Getting Well; Chapter 3: Healing Your Relationship with Yourself; Chapter 4: Healing Your Relationships with Other People; Chapter 5: Healing Your Inner Wounds; Part III: Staying Well; Chapter 6: Maintaining a Good Baseline Wellness Score; Chapter 7: Reaching Your Full Potential; Conclusion; Choosing the Right Therapist and Therapy; Further Reading

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