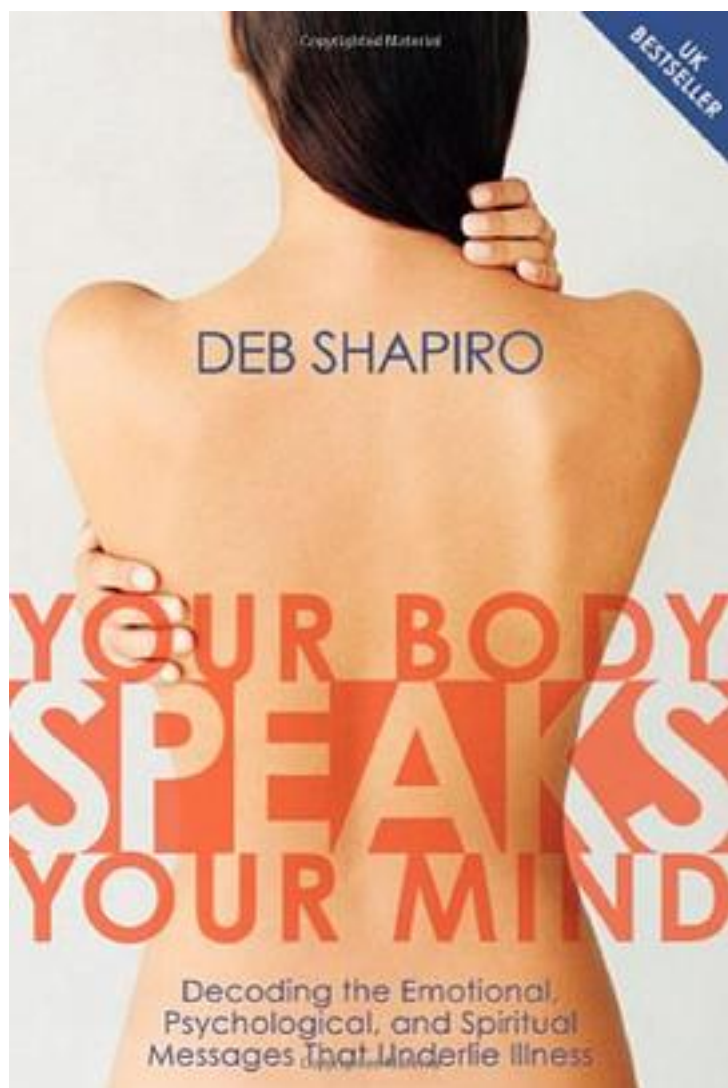


# Your Body Speaks Your Mind



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What are your symptoms and illnesses telling you about yourself? In *Your Body Speaks Your Mind*, renowned teacher and best-selling author Deb Shapiro shows you how mastering the language of your symptoms can actually increase your potential for healing. You'll discover how unresolved psycho/emotional issues can affect your physical health, how feelings and thoughts are linked to specific body parts, and steps you can take to heal your body with your mind and to heal your mind with your body.

作者介绍:

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