

There's Always Help; There's Always Hope

"I have seldom been so moved by a book. This is the only healing model that makes sense."
— from the Foreword by C. Everett Koop, M.D., Sc.D.,
former U.S. Surgeon General; professor, Dartmouth Medical School

There's Always Help; There's Always Hope



An award-winning
psychiatrist shows you
how to heal your **body,**
mind, and **spirit**

Eve A. Wood, M.D.

AN IN ONE™ SERIES BOOK

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Although surrounded by options for medical, psychological, and spiritual support, we lack a unified model of healing that can truly guide us in our journey to wellness. Thus we remain lost, suffering and confused. This book ""offers us hope. In it, Dr. Eve A. Wood presents an integrative approach to healing that combines traditional psychiatric practices and universal spiritual principles. By sharing her patients' poignant, captivating, and miraculous tales of recovery to demonstrate crucial lessons, Dr. Wood demystifies the therapeutic process. She provides us with the concepts, tools, and resources we need to craft our own unique paths to personal fulfillment, joy, and health. With extraordinary reverence and compassion for the human spirit, Dr. Wood demonstrates that with time, patience, willingness, and "hope," we can work through even the most impossible challenges in order to achieve emotional health and inner peace. Believing that each of us has a tale that we're meant to live and share, Dr. Wood shows us how to find and live our own stories. Whether you suffer from a diagnosable condition, or simply want to better understand yourself, "Harnessing Your Healing Potential "will help you find your path to a better future.

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