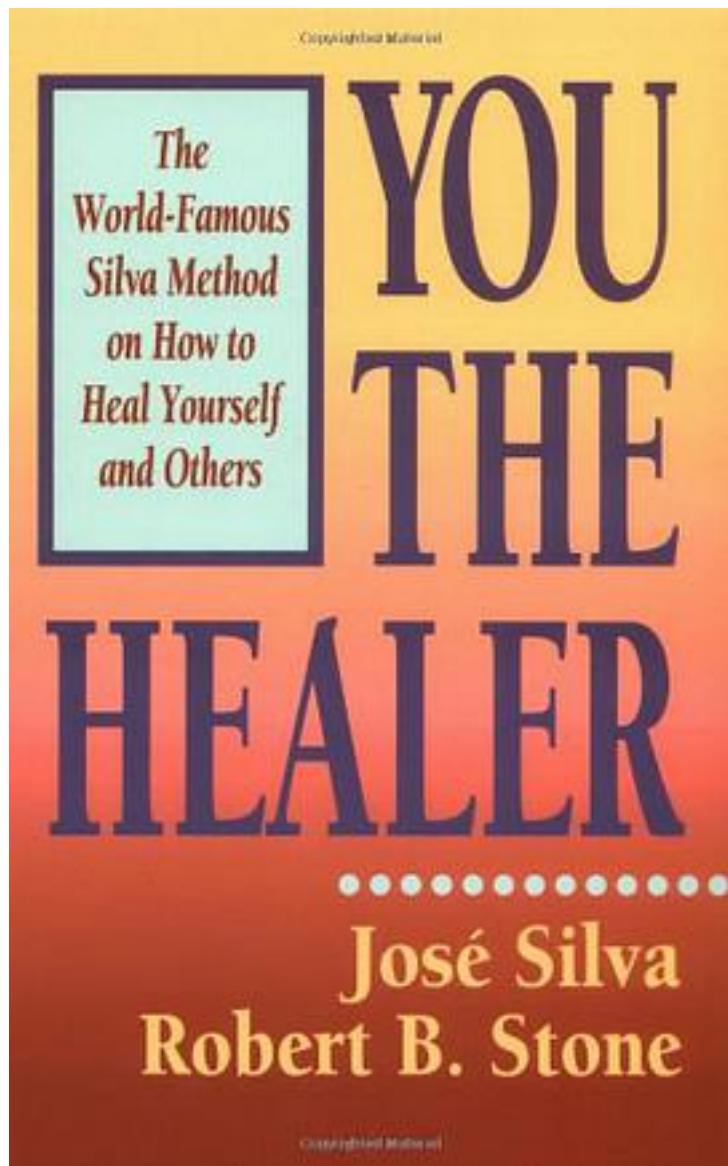


You the Healer



[You the Healer 下载链接1](#)

著者:Silva, Jose/ Stone, Robert B.

出版者:Transition Vendor

出版时间:1992-12

装帧:Pap

isbn:9780915811373

Our health as a nation is declining. In addition, it is becoming increasingly clear that allopathic medicine has come to a plateau in its efforts to stem the tide of degenerative disease. As a result, mind-body medicine is a very big topic for the 90s. You the Healer offers a guide that can help you and your loved ones to live a healthy, disease-free life. Based on the most successful mind development program in the world today, You the Healer offers a complete course in Silva Method healing techniques in a do-it-yourself, forty-day format. By reading one chapter a day and doing the indicated exercises, you can be firmly on the path to wellness in just six weeks. In You the Healer Jose Silva and Robert B. Stone offer a proven method of attuning to the special mind frequency called alpha. In this alpha frequency, a healing state is activated. These lower-frequency alpha brain waves can be used to achieve maximum well-being; they can be applied to healing yourself as you work with your health-care professional; and they can be used to help you heal others. Included are inspirational stories of people who have successfully used this method to regain their health after illness or injury.

作者介绍:

目录:

[You the Healer 下载链接1](#)

标签

评论

[You the Healer 下载链接1](#)

书评

[You the Healer 下载链接1](#)