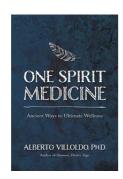
ONE SPIRIT MEDICINE: HOW ANCIENT WISDOM CAN INSPIRE SELF-HEALING

Today our minds, our emotions, our relationships, and our bodies are out of kilter. We know it, but we tend to ignore it until something brings us up short—a worrying diagnosis, a broken relationship, the death of a loved one, or simply an inability to function harmoniously in everyday life. When things are a little bad, we read a self-help book or go to a workshop. When they're really bad,...



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Reader's Opinions

A STRONG 5 stars! This book is packed filled with information - yet to fully experience the benefits (wisdom),-- one must receive "One spirit Medicine" directly. (take the challenge). Having followed David Permutter, M.D. and Mark Hyman M.D....

I am going to be working on doing this in the next several months.