



The Healing Workbook: A 12 Week Step-by-Step Program to Heal Injury and Illness and Transform the Health of Body and Mind

By Rick D Fischer

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The Healing Workbook is far more than a 'workbook' - it is an essential and practical road map to healing and lifelong health. Integrating the mind & psychology, the gut & diet, and lifestyle choices, this book ties it all together and offers, through daily health lessons and action steps, an illuminated path to achieving (or regaining) your optimum health in both body and mind. Rather than addressing just symptoms, this book aims to address the source, which is from where true healing begins. On this journey you'll be guided on healthy nutritional choices, you will uncover places within yourself you may not have been before, and you will be shown many things conventional medicine doesn't want you to see; but this journey is the most important one you'll go on...your health depends on it.

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Editorial Review

About the Author

Rick Fischer is a certified holistic health coach, trainer, author, and speaker. He combines his background in personal development with his unique knowledge and training in holistic healing, understanding the important and dynamic interconnection body and mind have with each other. Rick is also a recognized expert in the role that mineral levels have on health, an area in which his research and contribution has been widely recognized.

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The book *The Healing Workbook: A 12 Week Step-by-Step Program to Heal Injury and Illness and Transform the Health of Body and Mind* can give more knowledge and information about everything you want. Why then must we leave the good thing like a book *The Healing Workbook: A 12 Week Step-by-Step Program to Heal Injury and Illness and Transform the Health of Body and Mind*? A few of you have a different opinion about e-book. But one aim that will book can give many information for us. It is absolutely correct. Right now, try to closer with the book. Knowledge or information that you take for that, you can give for each other; you may share all of these. Book *The Healing Workbook: A 12 Week Step-by-Step Program to Heal Injury and Illness and Transform the Health of Body and Mind* has simple shape but the truth is know: it has great and large function for you. You can search the enormous world by open and read a book. So it is very wonderful.

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