



Healing with Hurts: Fast Ways to Get Safe Relief from Aches and Pains and Other Everyday Ailments (Paperback)

By David Y. Wong, Deborah Mitchell

Basic Health Publications, United States, 2007. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. Readers are given the tools needed to take charge of their own health, including developing a strong foundation through good eating, a healthy lifestyle, stress management, and a positive attitude. Introduction to self-healing techniques, such as herbal medicine, homeopathy, acupressure, and meditation is also provided.



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Reviews

Certainly, this is the finest work by any article writer. It really is full of wisdom and knowledge You will not sense monotony at at any time of your own time (that's what catalogs are for concerning should you ask me).

-- Marion Mann DDS

This book may be worth purchasing. It typically fails to expense excessive. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Ken Watsica

Other Books



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Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. In this classic fairy tale, a nut falls on Chicken Licken s head and he decides he must tell the king that...



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