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En La sabiduría de la menopausia, la doctora Northrup vuelve a desafiar los convencionalismos, como ya hizo en su aclamada obra *Cuerpo de mujer*, *sabiduría de mujer*, que le valió un reconocimiento internacional. en su nuevo trabajo sobre este periodo de tr

El Oriente se une al Occidente cuando el Dr. Sha, destacado sanador y autor de # bestseller del New York Times, enseña a los lectores una nueva y radical forma de sanar mediante la meditación y la comunicación con el alma. Este libro introductorio de la serie *Soul Power* eleva la medicina integral a un plano completamente nuevo y excitante, que va mucho más allá del concepto de "la mente sobre la materia" y enfatiza, en cambio, el del "alma sobre la materia". Sabiduría del alma es un presente divino que trae el Dr. Sha, la sabiduría de un poder superior canalizada a través de una guía práctica para quienes estén interesados en abrir sus almas para sanar sus mentes y sus cuerpos.

"Northrup explores [what she feels is] the essential truth that has guided her ever since medical school: our bodies, minds, and souls are profoundly intertwined. Making life flow with ease, and truly feeling your best, is about far more than physical health; it's also about having a healthy emotional life and a robust spiritual life. When you view your physical well-being in isolation, life can become a constant battle to make your body 'behave'"--Dust jacket flap.

La vida tiene sus etapas. Todas son importantes. Transitar por ellas sin sentimientos contradictorios ni enfermizos, será importante. El reto se asume con optimismo cuando se toma conciencia cabal de que cada momento de la existencia es un regalo que debe disfrutarse a plenitud. Las mujeres en particular enfrentan su período de menopausia como una trágica puerta que se abre hacia la muerte. Habrá que hacerlas entender que no es así. Los especialistas se encargan hoy de despejar ese camino turbio de una transición natural que casi siempre se malinterpreta. Para que el fenómeno no sea sobredimensionado se hace necesaria la lectura de textos con fundamento científico, como éste. Aquí se muestra el camino ideal; ese que nos permitirá compensar el malestar físico y las carencias químicas de la etapa con algo más que medicinas.

Based on the connection between physical and spiritual health, a popular holistic guide to alternative medicine for women contains an alphabetical list of women's ailments and conditions, including fibroids, menstruation, vaginitis, and menopause. Reprint.

People are seeking the answer to the confusion, the moral sickness, the spiritual emptiness

that oppresses the world. We are all crying out for guidance. For comfort. For peace. Is there a way out of our dilemma? Can we really find personal peace with God? Yes! But only if we look in the right place. The Key to Personal Peace not only includes trusted Biblical insights from renowned evangelist Dr. Billy Graham, but also includes the full gospel of John, making the book a perfect gift for evangelism or outreach. The Key to Personal Peace offers a look into how to live life in the fullness of God. Sections include: The Great Quest Our Dilemma What is God Like What Did Jesus Do for Us? Finding the Way Back Peace at Last Heaven, Our Hope Note: Must be ordered in multiples of 50.

This book has two aims-to summarize the New Testament teaching about the gifts of the Spirit, and to help you discover your gifts. Chapter One clears away misunderstandings. Chapter Two identifies the spiritual gifts, and Chapter Three defines them. Chapter Four deals with questions Christians ask about spiritual gifts. Chapter Five gives biblical guidelines for using them. Finally, the last chapter offers a practical way to discover your spiritual gifts and includes an inventory to assist the reader to find out which gifts they have.

Now with added content and updated statistics! Bestselling author Dr. Don Colbert explores how negative emotions can have a deadly effect on the body, mind, and spirit, and offers techniques for releasing these toxic catalysts. Destructive emotions can have toxic effects on the body and result in a wide range of serious illnesses – hypertension, arthritis, multiple sclerosis, irritable bowel syndrome, and even some types of cancer. The truth is you may be shaving years off your life expectancy and robbing yourself of the physical healthy you've worked hard for. Readers will learn: that depression isn't "just in your head" how to prevent the downward unhealthy spiral of guilt and shame how the brain interprets emotions how to turn off stress the physical dangers of pent-up hostility and much more In *Deadly Emotions*, Dr. Don Colbert exposes those potentially devastating feelings – what they are, where they come from, and how they manifest themselves. You do not have to be at the mercy of your emotions. Focusing on four areas essential to emotional well-being – truth, forgiveness, joy, and peace – Dr. Colbert shows you how to rise above deadly emotions and find true healthy – for your body, mind, and spirit. This book is ideal for readers who are ready to take control of their health by breaking free from toxic emotions that can have a lasting negative impact on their health. A great resource for those who battle with chronic stress or stress-related conditions.

The classic manifesto of the liberated woman, this book explores every facet of a woman's life.

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