



True Healing: Spiritual Medicine for Every Illness -- A Mind-Body Guide for Managing Stress, Trauma, Disease, and Pain

Alison Anton

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Winner of 3 book awards on body-mind healing! Audio meditation downloads included. Illness, stress, trauma, and chronic pain don't have to be obstacles to personal growth and spiritual transformation. They are precious opportunities, gateways for the True Healing that Spirit provides. Spirit is the highest aspect of your being and can return you to wholeness, to your divine nature.

In this warmly supportive spiritual guide, renowned medical intuitive Alison Anton helps you take positive steps toward authentically healing your illness -- body, mind, soul, and Spirit.

Featuring an easy, five-step healing meditation that connects deep-rooted spiritual principles with mind-body medicine and energy healing, **True Healing** teaches you how to:

- Treat illness as your spiritual path
- See yourself as whole, no matter how sick or broken your body may feel
- Be "in the now" of your present experience
- Find the guiding hand of Spirit underneath your pain or symptoms
- Experience your body as a divine container for Spirit

By accessing the soul's wisdom through the felt sense of the body, you will learn to access your own intuitive skills and to hear the inner call for love under your pain, symptoms, or the intense emotions that arise upon being diagnosed with chronic illness.

Alison Anton translates her twenty years as a clairvoyant medical intuitive, ordained minister and spiritual counselor into this spiritual healing self-help handbook for seekers who struggle with symptoms of ANY disease or medical condition. Dotted with her personal challenges and successes as a recovering Lyme Disease patient, and her vivid, real-life stories as a clairvoyant healer, Alison Anton will lead you on a colorful journey in how to heal yourself as a Spirit in a physical body.

Free True Healing Meditation audio downloads included with purchase (at TrueHealingBook.com)

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Nancy Fisher:

A lot of people always spent their own free time to vacation as well as go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, or playing video games all day long. If you would like try to find a new activity this is look different you can read some sort of book. It is really fun for you personally. If you enjoy the book which you read you can spent the whole day to reading a book. The book True Healing: Spiritual Medicine for Every Illness -- A Mind-Body Guide for Managing Stress, Trauma, Disease, and Pain it is rather good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. In the event you did not have enough space bringing this book you can buy the particular e-book. You can m0ore quickly to read this book out of your smart phone. The price is not too costly but this book has high quality.

Ruth Ward:

Reading can called head hangout, why? Because when you are reading a book especially book entitled True Healing: Spiritual Medicine for Every Illness -- A Mind-Body Guide for Managing Stress, Trauma, Disease, and Pain your head will drift away trough every dimension, wandering in most aspect that maybe unknown for but surely can be your mind friends. Imaging each and every word written in a guide then become one contact form conclusion and explanation in which maybe you never get ahead of. The True Healing: Spiritual Medicine for Every Illness -- A Mind-Body Guide for Managing Stress, Trauma, Disease, and Pain giving you another experience more than blown away your brain but also giving you useful details for your better life in this era. So now let us teach you the relaxing pattern the following is your body and mind is going to be pleased when you are finished studying it, like winning a casino game. Do you want to try this extraordinary wasting spare time activity?

Mary Oliveras:

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