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## Your Hands Can Heal You: Pranic Healing Energy Remedies to Boost Vitality and Speed Recovery from Common Health Problems

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By Master Stephen Co

Atria Books. Paperback. Book Condition: New. Paperback. 320 pages. Dimensions: 9.2in. x 7.3in. x 1.0in. What if the secret to good health lies not in surgery or medication but in the palm of your very own hand? Incredibly, your hands can heal you -- with the energy medicine of Pranic Healing. The word prana denotes the body's own natural, vital, self-healing energy. This book will teach you the many ways in which you can incorporate safe, effective Pranic Healing techniques into your daily life to heal physical, psychological, and emotional problems and stay well. In *Your Hands Can Heal You*, you'll find easy-to-learn methods to generate energy, including non-touch hand movements; the basic tenets of energetic hygiene; full-body breathing; and brief meditations. With the expert training and guidance of Stephen Co, you'll learn how to conquer a wide range of disorders, including: headaches, backaches, irritable bowel syndrome, arthritis, insomnia, hypertension, congestion, menstrual cramps, depression. With step-by-step instructions, line drawings, and real-life stories of medical recovery, this revolutionary health reference can provide you with all the help you need to help yourself -- with your own two hands. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN....



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