



Healing with Source: A Spiritual Guide to Mind- Body Medicine

Dave Markowitz

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The ultimate guide to understanding, preventing, and healing diseases and illnesses, this resource offers simple steps for creating permanent well-being. Emphasizing how repressed emotions, such as anger and grief, can manifest in pain and sickness, this book shows how new, more empowered choices—including forgiveness, openness, and radical acceptance—can prevent problems and heal at the root without the employment of drugs or surgery. With information on how these healing techniques can help and prevent even the most advanced and debilitating illnesses, this essential study raises awareness on the relationship between spiritual growth and health.

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