



Health & Wellbeing: Energize & Harmonize Your Body

Christine Sherborne

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Do you want to feel vibrant, alive, and full of energy? Are you tired of feeling under the weather? Do you want to give your body's natural defenses the help they need to keep you in tip top condition?

Use the power of your subconscious mind to help you to draw from the universe all the resources you need to become healthy, full of vitality, and to begin to heal your body by following the suggestions in this audio program. Your physical body is controlled by your mind. By using the power of your subconscious, you can train yourself to use the body's natural abilities to begin healing your body and soul from the inside out. Creative visualizations enable you to focus on each part of your body, encouraging healing energy that will enable correct functioning of each organ, muscle, and bodily system.

The quantum factor life-enhancement series of recordings use powerful natural techniques to help you make profound changes, enabling you to visualize, plan and achieve the future you want. They work by tapping into the vast natural resources available in your own mind. All the information is absorbed into your subconscious while you are in a relaxed and receptive state, without any effort whatsoever.

The quantum factor life-enhancement series uses four techniques to ensure the effectiveness and sustainability of the course: Visualization, Meditation, Hypnosis, and Affirmation. Their easy acceptance into your subconscious is ensured by the use of background alpha rhythms, which help to place the brain into a relaxed, but not unconscious, state. You will be aware of things around you, while being in an ideal condition to learn and retain new information. In addition, theta rhythms will help you to relax.

(This audio program is not intended as a substitute for medical care. If in doubt, consult your own physician or therapist.)

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From reader reviews:

Brian Lopez:

Have you spare time for just a day? What do you do when you have a lot more or little spare time? Sure, you can choose the suitable activity with regard to spend your time. Any person spent their spare time to take a move, shopping, or went to typically the Mall. How about open or maybe read a book called Health & Wellbeing: Energize & Harmonize Your Body? Maybe it is to be best activity for you. You realize beside you can spend your time together with your favorite's book, you can cleverer than before. Do you agree with its opinion or you have some other opinion?

Lenora Hungate:

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Angela Smith:

In this period globalization it is important to someone to receive information. The information will make professionals understand the condition of the world. The health of the world makes the information simpler to share. You can find a lot of referrals to get information example: internet, paper, book, and soon. You can view that now, a lot of publisher which print many kinds of book. The book that recommended to your account is Health & Wellbeing: Energize & Harmonize Your Body this publication consist a lot of the information with the condition of this world now. That book was represented how can the world has grown up. The terminology styles that writer use to explain it is easy to understand. Typically the writer made some analysis when he makes this book. That is why this book suitable all of you.

Tyrone Hogans:

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