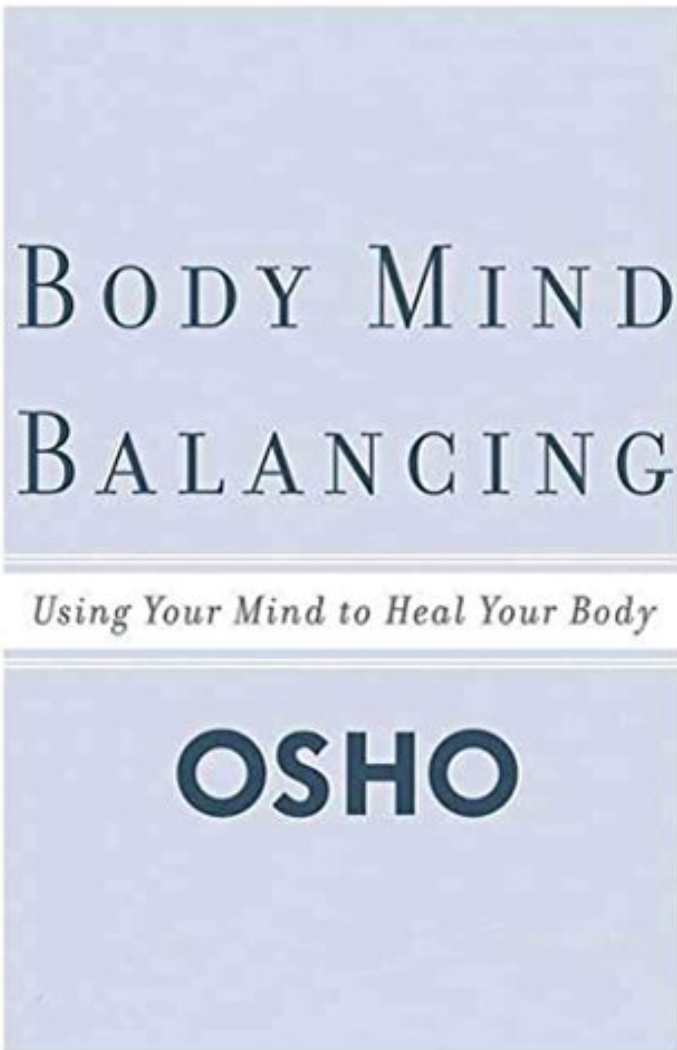


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# Body Mind Balancing: Using Your Mind to Heal Your Body



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## Description :

Prsentation de l'diteurMany everyday discomforts and tensions arise from the fact that we are alienated from our bodies. With the help of Body Mind Balancing, readers will learn to talk to and reconnect with their bodies. After just a short time, readers will begin to appreciate how much the body has been working for them and supporting them, and from this new perspective one can find new ways to work with the body and create a more harmonious balance of body and mind.Prsentation de l'diteurMany everyday discomforts and tensions arise from the fact that we are alienated from our bodies. With the help of Body Mind Balancing, readers will learn to talk to and reconnect with their bodies. After just a short time, readers will begin to

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