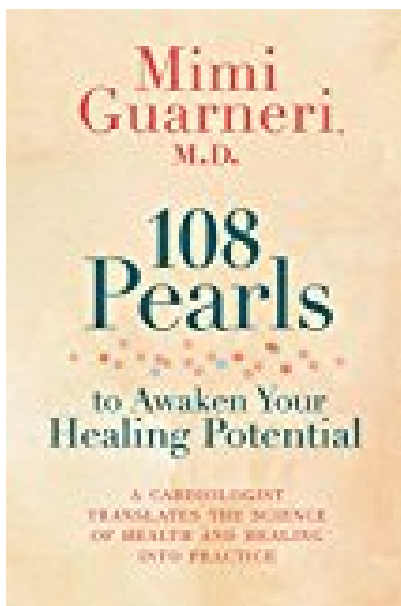


108 Pearls to Awaken Your Healing Potential A Cardiologist Translates the Science of Health and Healing into Practice



BOOK DETAILS

- Author : Mimi Guarneri M.D.
- Pages : 264 Pages
- Publisher : Hay House, Inc.
- Language : English
- ISBN : 1401945775

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BOOK SYNOPSIS

What guides *your everyday life*? In many cultures, you might use prayer beads such as the rosary or the 108-bead mala as a guide in your spiritual or meditative practice. In this book, **Dr. Mimi Guarneri** blends modern science and ancient wisdom to offer her own guide of 108 pearls —steps you can take to awaken the healing potential of your body, mind, and spirit.

Drawing from her experience as an internationally renowned cardiologist, scholar, author, and leading proponent of integrative medicine, Dr. Guarneri translates the science of health, healing, and longevity into practical answers to lead you to physical, emotional, mental, and spiritual health.

With the guide of the 108 pearls in this book, you will understand why your genes do not determine your destiny; how to adopt a damage-proof diet; how to turn stress into strength; how to achieve holistic mental health; how to nourish your relationships; how to tap into the healing power of your thoughts; and how to strengthen your spirituality and heal your energy body. Most importantly, you will understand how to use what you've learned to help heal our planet. Once you realize that wellness is the result of an intimate dance between ourselves and our world, you'll move from just *surviving* to *thriving*!

108 PEARLS TO AWAKEN YOUR HEALING POTENTIAL A CARDIOLOGIST TRANSLATES THE SCIENCE OF HEALTH AND HEALING INTO PRACTICE -

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