



The Complete Handbook of Quantum Healing: An A to Z Self-Healing Guide for Over 100 Common Ailments

Deanna M. Minich

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This book brings together two seemingly disparate worlds—the world of hard, evidence-based science and the world of experientially-based healing to provide a multi-pronged approach to treating common ailments. The A-to-Z format makes reference easy. For each of over 100 health issues, you'll find seven healing options that can help readers activate their inner healing resources ranging from food and dietary strategies to powerful meditation techniques and from time-tested flower essences to ways of invoking "power animals." For some ailments, readers may need just one option, for others, two or three, and sometimes all seven approaches as they try to deal with difficult problems to achieve long-term relief.

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