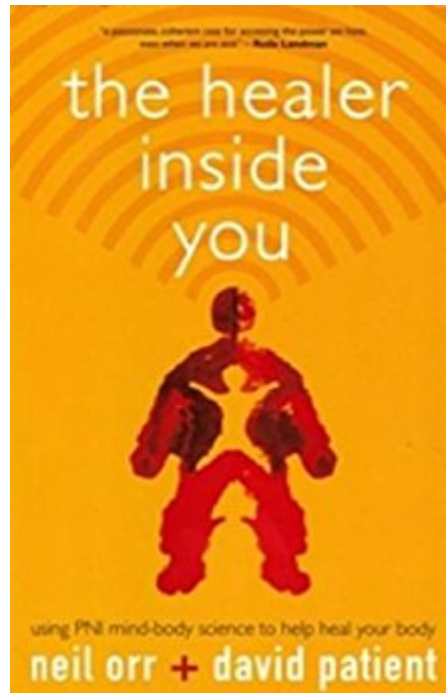




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# The Healer Inside You



## Synopsis

The healer inside you clearly details the connection between the mind and the body. By means of self-assessment quizzes and assignments it assists you to recognise the sources of stress and anger, and the fears, that inhibit your well-being, and helps you work through them. Contains a detailed at-home therapy protocol based upon PNI (Psychoneuroimmunology) research. Forms the basis for the support group therapy protocol entrained to, and utilised by UNDP, UN GIPA, Shell, Tsogo Sun Holdings.

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