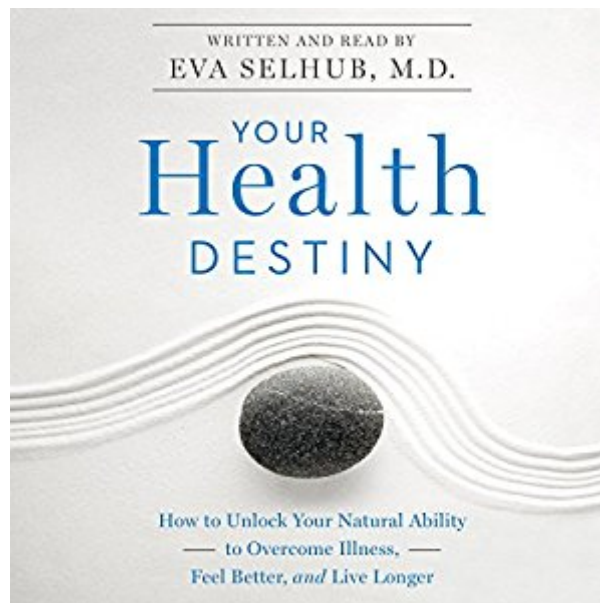




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Your Health Destiny: How To Unlock Your Natural Ability To Overcome Illness, Feel Better, And Live Longer



Synopsis

An internist and clinical instructor at Harvard Medical School fuses Eastern practices with cutting-edge Western medicine to help you connect body and mind to transform your health today and tomorrow. Over the course of her decades-long career, Dr. Eva Selhub has discovered a fundamental truth: health, happiness, and strength are often direct results of the affirmative choices we make, regardless of whatever genetic or environmental setbacks we face. When our bodies get sick, we often feel out of control - a cycle of fear that leaves us feeling vulnerable and helpless, desperate for medication or tests that will make us well. But illness shouldn't make us afraid. We do have control over our well-being, contends Dr. Selhub, and we can make choices that can positively influence any health issue, big or small, acute or chronic. It's all about perception - how you view yourself, your resources, and your circumstances. Drawing on findings in the emerging field of epigenetics, she reveals how we can bolster the mind-body connection and actually change the way our DNA operates. In *Your Health Destiny*, Dr. Selhub teaches you how to pay attention to your body's signals, to understand what these signals mean, and to make the right choices that will bring amazing results to your health now and for the future. You will discover ways to prevent disease from happening or getting worse and even find that you can reverse the disease process altogether. We have more power than we think. *Your Health Destiny* shows you how to harness it to improve your life.

Book Information

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Customer Reviews

This is an illuminating book that builds in our agency as persons to open the possibilities to take

control of our health. Written with an elegant prose and anchored in the most recent medical research, the book helps us understand the centrality of mind and body to reach a healthy life. It shows us that we have choices, if we develop the skills for healing. A must to read!

I enjoyed this book even though it took time to get through it. Four stars because of lengthy medical jargon.

Wonderful book, full of healthful information! Dr. Eva Selhub did a wonderful job writing this book and conveying the information.

Wonderful book with real logical answers. I've given it to friends who love it!

Fun reading but not much new.

She's great

Almost finished reading...very interesting and informative.

I am a patient of Dr Selhub's and I can tell you that Dr. Selhub's approach to medicine has changed "my health destiny." All of Dr Eva Selhub works are amazing. I have read her other books, and practice meditating while listening to her CD's or MP3 files. I practice mindfulness daily thanks to Dr Selhub. Through all of this, I have learned to control my stress which has a direct physiological effect on my health. I feel happier and healthier because of Dr Selhub and her works.

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10 FAT Rules: Losing weight to Look Better, Feel Better, Live Longer
The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health
How to Live Longer and Feel Better
The DHEA Breakthrough: Look Younger, Live Longer, Feel Better
Intermittent Fasting: How to Unlock the Benefits of Intermittent Fasting to Achieve Weight Loss, Build Muscle, and Live a Longer and Healthier Life (Intermittent ... for Women, Intermittent Fasting for Men)
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