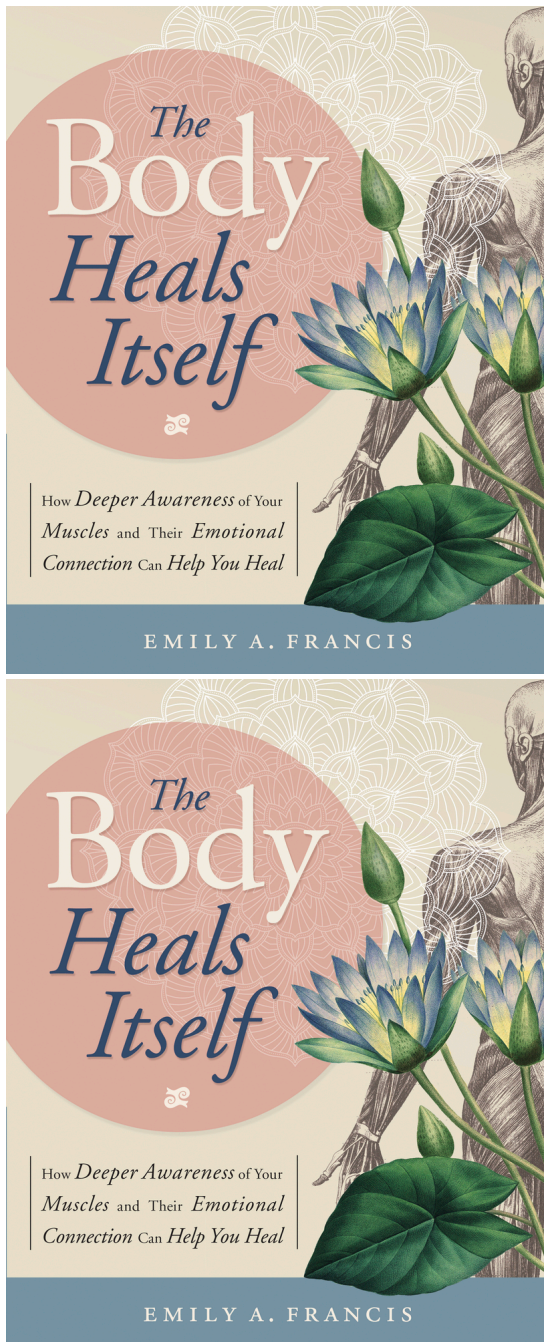


## The Body Heals Itself - Emily A. Francis



Listen to the Emotional Wisdom of Your Muscles and Experience a Deeper Level of Healing

Rating: Not Rated Yet

**Price**

Salesprice with discount

Sales price \$22.99

Sales price without tax \$22.99

Tax amount

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### Description

You know a lot about the emotions in your mind and heart, but you probably don't know much about the emotions in your muscle body. The muscles are storehouses of emotion, and pain in those muscles is how your body reveals what needs to be healed—both emotionally and physically. Organized by muscle groups, The Body Heals Itself is your ideal guide to understanding the link between your emotions and muscle bodies.

This book acts as a road map for the energetic journey within your own body, showing you how to recognize and release stored emotions to let go of pain. You'll discover which emotions are often paired with a specific muscle area and how muscles speak of everything from past traumas to current celebrations. Using stretches, affirmations, visualizations, and more, Emily A. Francis teaches you to unite your mind and body for better health and emotional well-being.

### Reviews

There are yet no reviews for this product.