

## Helbred Dit Liv

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når du låner noget passer du godt på det du låner din krop låner du passer du godt nok på den ved du hvordan du selv kan helbrede din krop du er en sjæl i en lånt krop denne krop kan du behandle nøjagtig som du vil når du først kender til redskaberne for en sund og rask krop er det nemmere at leve et liv uden smerter og sygdom vi bliver hele tiden klogere på hvad vi selv kan gøre for at vores krop fungerer optimalt dette er en bog hvori jeg har samlet en masse viden om din krop din sjæl og dine celler pas godt på dig selv og din krop rigtig god fornøjelse kærligst camille

inden jeg tog ud på mine mange vandringer havde jeg ikke nogen religiøse eller spirituelle grunde til at tage af sted andet end nysgerrighed og en dragende lyst til at vide mere om hvem jomfru maria var men hvorfor følte jeg mig tiltrukket af hende det håbede jeg at få svar på min vandring blev helt uforberedt en vandring gennem dette liv og

tidligere liv mens mine samtaler med maria fik mig til at se mit nuværende liv og mine tidligere liv i et helt nyt perspektiv jomfru maria og jeg har haft samtaler omkring det at være menneske på denne jord og hvordan en hård vandretur i overført betydning kan sammenlignes med det vi menneske går igennem livet på jorden vi har haft samtaler om hvordan vi behandler dyr jorden og naturen og om hvor vigtigt vand er for at vi mennesker dyr og jorden kan overleve jeg har været på mit livs vandring i selskab med jomfru maria gennem italien grækenland og til marias hus i tyrkiet jeg har haft de mest fantastiske oplevelser jeg har sovet de mest utrolige steder lige der hvor jeg blev træt og ikke orkede at gå mere i skoven i forladte huse bagsædet af en alfa romeo i en kirke i et lille hus i en olivenlund i en lukket fabrikshal og i bjergene jeg har haft åndelige og spirituelle oplevelser haft samtaler med jomfru maria gennem indre dialog og set guddommelige personligheder for mit indre følg mig på mine vandringer

det er en redskabsbog som omhandler flere områder som har indflydelse på vores hverdag og livsførelse for at leve magisk er det vigtigt at forstå følelser vi er alle alle følelser og det gør os til hele mennesker det er også følelserne der styrer hvilket energiniveau vi bevæger os på i livet bogen beskriver både universiel og følelsesmæssig energi hvis vi altid kun dyrker de positive følelser vil vi aldrig mærke dybden i lykke og glæde som er nogle af de stærkeste positive følelser vi kan have men kun fordi vi også kender de negative følelser de mest negative følelser er vrede frustration tvivl depression og sorg disse følelser kan være en negativ spiral som både påvirker os selv og folk omkring os det påvirker den måde vi er i verden på hvilket påvirker de mennesker vi omgås det er som ringe i vandet bogen handler om mønstre og overbevisninger hvilke er vores egne og hvilke er arvede og hvordan arbejder vi med dem den handler også om jantelov og dens indflydelse på vores liv da vi har den med op gennem livet begrænser den os selv og andre og hvordan får vi den til at fylde mindre i hverdagen bogen arbejder med loven om tiltrækning det vi sender ud er også det vi modtager den giver en forklaring på hvordan forfatteren tolker på det og hvordan hun bruger det ind i sin egen hverdag derudover er hendes egen historie beskrevet og bearbejdet igennem hendes skriftlige eksamensopgave fra studiet til coach og terapeut 2016 2018 som eksempel for at gøre det nemmere at bruge redskaberne i bogen

lær at tackle spiseforstyrrelse stress og pres det er med stor fornøjelse at jeg præsenterer denne bog som handler om vejen ud af spiseforstyrrelser denne bog er udformet med ønske om at hjælpe i kampen mod spiseforstyrrelser det er en selvhjælpsbog til dig der kæmper med spiseforstyrrelser til pårørende og alle der ønsker at hjælpe som forfatter har jeg selv oplevet en alvorlig spiseforstyrrelse stress og pres i denne bog giver jeg en ærlig og personlig beretning om min egen rejse og om hvordan jeg formåede at komme ud på den anden side redskaberne i denne bog virker det er en uundværlig guide for alle der lider af spiseforstyrrelser bogen er fyldt med praktiske tips og værktøjer der kan hjælpe med at forstå og overvinde disse lidelser spiseforstyrrelser er et stort problem i vores samfund og mange mennesker kæmper for at finde vej ud af deres kaos jeg mener at min bog kan give dem håb og en vej fremad med venlig hilsen psykoterapeut forfatter jasmine c millard

newly repackaged for its 40th anniversary edition this mega best selling book features beautiful illustrations and timeless wisdom into the mind body connection since its publication in 1984 you can heal your life has transformed the lives of millions of people this is a book that people credit with profoundly altering their awareness of the impact that the mind has on health and well being in this special gift edition illustrated by kelly rac roberts you ll find profound insight into the relationship between the mind and the body full of positive affirmations this practical book will change the way you think forever

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to discover the power of affirmations as there are no limits to what they can bring all is well you are safe life loves you and so do i louise hay

bogen kommer hele vejen rundt om sklerose omkring det fysiske og psykiske velbefindende samt omkring de sociale aspekter af sundhed og sygdom mange faktorer spiller en rolle ved sklerose f eks mangel på sollys og dermed d vitamin en kost med mange mættede fedtstoffer fra kød og mælkeprodukter kviksølvbelastning fra amalgamfyldningerne i vores tænder mangel på b12 vitamin stress og kemikaliebelastning læseren får redskaber til at bremse sklerose med ernæring kosttilskud naturmedicin og alternative behandlinger samt hjælp til at skabe nye helbredsfræmmende vaner at det konventionelle sundhedssystem ignorerer betydningen af kost og kosttilskud og er afvisende overfor nye behandlingsformer har store personlige og samfundsmæssige omkostninger her er desuden inspiration til at tackle den krise det er at få en så alvorlig diagnose samt til at bevare sundhed og livsglæde uanset om du har sklerose er pårørende arbejder i sundhedssektoren er alternativ behandler eller interesserer dig for sundhedspolitik er der viden og inspiration i rundt om sklerose også mennesker med en anden sygdom hvor inflammation eller degeneration er involveret kan hente hjælp her

this new york times bestseller has sold over 30 million copies worldwide louisess key message in this powerful work is if we are willing to do the mental work almost anything can be healed louise explains how limiting beliefs and ideas are often the cause of illness and how you can change your thinking and improve the quality of your life

an international sensation and a new york times bestseller that sold over 50 million copies the definitive guide on self healing affirmations and the power of the mind to heal the body louise hay writes to your soul where all healing begins i love this book and i love louise hay dr wayne w dyer author of the power of intention you can heal your life has transformed the lives of millions of people this is a book that people credit with profoundly altering their awareness of the impact that the mind has on their health and wellbeing in this inspirational book by bestselling author and self help pioneer louise hay you ll find profound insight into the relationship between the mind and the body exploring the way that limiting thoughts and ideas control and constrict us she offers us a powerful key to understanding the roots of our physical diseases and discomforts full of positive affirmations this practical guidebook will change the way you think forever louise hay is an internationally known leader in the self help field her key message is if we are willing to do the mental work almost anything can be healed louise hay had a great deal of experience and firsthand information to share about healing including how she cured herself after being diagnosed with cancer chapters include part i introduction suggestions to my readers some points of my philosophy what i believe part ii a session with louise what is the problem where does it come from is it true what do we do now resistance to change how to change building the new daily work part iii putting these ideas to work relationships work success prosperity the body the list my message is simple and not confined by borders you can heal your life has been translated into over 40

languages throughout the world and continues to heal transform and empower the lives of so many people to those of you who may be new to using affirmations i d like to share with you the following every thought we think and every word we speak creates our future life is really very simple what we give out we get back what we think about ourselves becomes the truth for us i believe that everyone myself included is responsible for everything in our lives the best and the worst affirmations are like seeds that you plant and expect to grow i urge you to discover the power of affirmations as there are no limits to what they can bring all is well you are safe life loves you and so do i louise hay

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