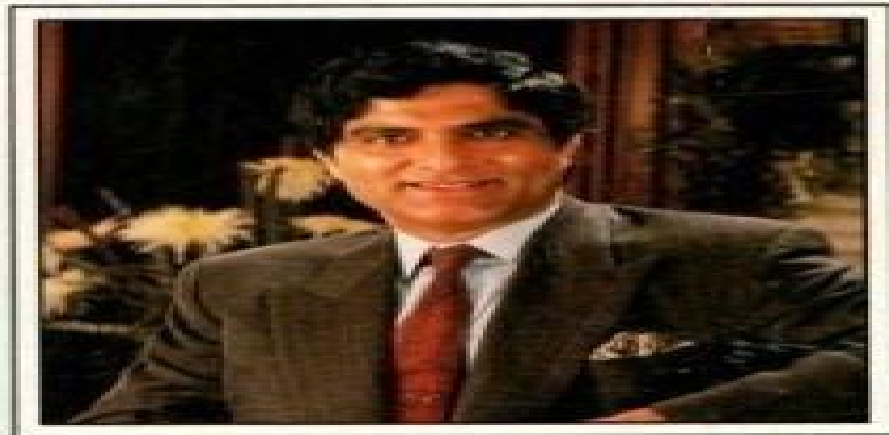


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PERFECT HEALTH

*The Complete
Mind/Body Guide*



DEEPAK CHOPRA, M.D.

Bestselling author of Quantum Healing

Streb Free Mind A Practical And Effective Guide For Perfect Health

Wallace D. Wattles



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Wattles,2024-03-26 From the author of The Science of Getting Rich comes the Science of Being Well In these pages you will find out how the power of positive thinking can improve your health This practical guide will help your explore the principles of health and lead you to a healthy happier you The Science of Being Well is another book by Wallace D Wattles published in 1910 It is part of his trilogy of self help books which also includes The Science of Getting Rich and The Science of Being Great While the first book focuses on wealth creation and the second on personal greatness The Science of Being Well delves into principles of health and well being Here s an overview Holistic Health Philosophy Wattles proposes a holistic approach to health emphasizing the interconnectedness of mind body and spirit He argues that true health is not merely the absence of disease but a state of complete well being in all aspects of life The Power of Thought Like in his other works Wattles underscores the power of thought in influencing one s health He suggests that individuals can harness the creative power of their thoughts to maintain and restore their health Alignment with Natural Laws Wattles contends that health is governed by

certain natural laws and individuals must align themselves with these laws to experience optimal well being He discusses principles such as proper nutrition exercise rest and mental attitude as essential factors in maintaining health Self Healing One of the central themes of the book is the idea that the body has an innate ability to heal itself Wattles advocates for trusting in the body's natural healing mechanisms and suggests that individuals can support this process through their thoughts beliefs and behaviors Preventative Health Practices In addition to addressing existing health issues Wattles emphasizes the importance of preventative health practices He suggests that individuals should adopt proactive measures to maintain their health and prevent illness before it occurs Optimism and Vitality Throughout the book Wattles promotes an optimistic and vitalistic outlook on life He suggests that a positive mental attitude and a sense of vitality are essential components of good health The Science of Being Well offers practical guidance and insights into achieving and maintaining optimal health and vitality While it may not have gained the same level of popularity as Wattles other works it remains a valuable resource for individuals seeking to improve their health and well being using holistic principles and the power of the mind

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In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Streb Free Mind A Practical And Effective Guide For Perfect Health**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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