

『ラヴィング・タッチ鈴木良雄+山本剛

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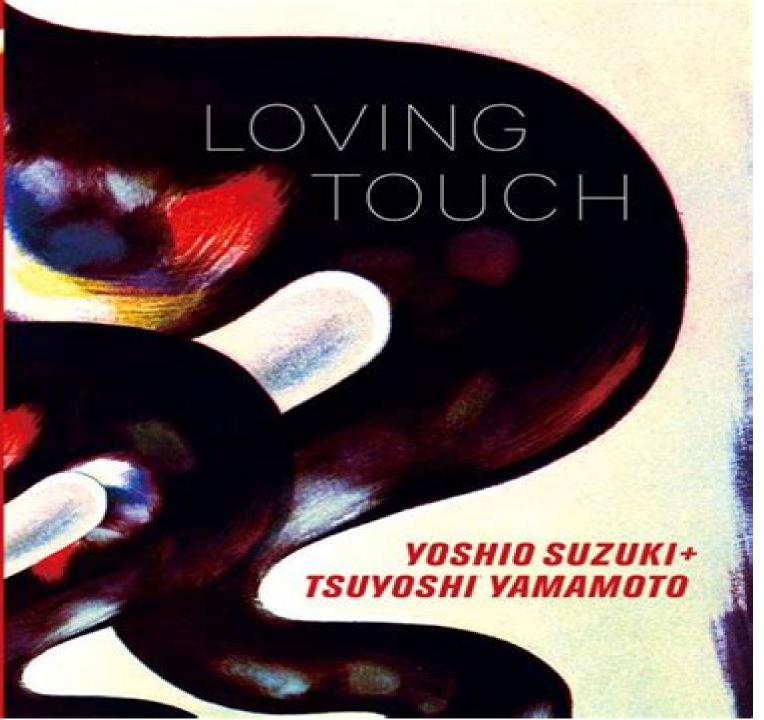
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The Loving Touch

Catherine Spencer

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the hands of the individual He states Healing occurs effortlessly and naturally once the conditions that are required for the

body to return to its most natural state balance and efficiency have been met The basic theme is the relative ease involved in creating good health While physicians attempt to combat or subdue illness they know very little about employing the mind and body to actually heal a person The book includes a complete self help program part of which is derived from the ancient medical system of Ayurveda In addition this book is packed with useful information on all major health issues and effective methods of cleansing the blood liver and gallbladder intestines kidneys blood vessels lymphatic system and body tissues The nearly 500 pages divided into 15 chapters explain everything about the mystery of mind and body the laws of health and illness the risk factors of common diseases the diagnostic parameters the most common causes of disease and how to remove them the basic misconceptions people and doctors have about health and wellness and the journey to lifelong health and spiritual happiness Neither conventional nor alternative forms of medicine provide the population with the basic practical steps to remove the root causes of illness and use practical measures of health promotion as aprimary approach of treatment Timeless Secrets of Health and Rejuvenation fills this gap by showing you how to employ your body s own healing powers to bring balance and harmony into all aspects of your life Overall this book is the bible of good health happiness and rejuvenation for those who long for a balanced lifestyle *Perfect Me* Heather Widdows, 2020-02-25 How looking beautiful has become a moral imperative in today s worldThe demand to be beautiful is increasingly important in today s visual and virtual culture Rightly or wrongly being perfect has become an ethical ideal to live by and according to which we judge ourselves good or bad a success or a failure Perfect Me explores the changing nature of the beauty ideal showing how it is more dominant more demanding and more global than ever before Heather Widdows argues that our perception of the self is changing More and more we locate the self in the body not just our actual flawed bodies but our transforming and imagined ones As this happens we further embrace the beauty ideal Nobody is firm enough thin enough smooth enough or buff enough not without significant effort and cosmetic intervention And as more demanding practices become the norm more will be required of us and the beauty ideal will be harder and harder to resist If you have ever felt the urge to make the best of yourself or worried that you were letting yourself go this book explains why Perfect Me examines how the beauty ideal has come to define how we see ourselves and others and how we structure our daily practices and how it enthralls us with promises of the good life that are dubious at best Perfect Me demonstrates that we must first recognize the ethical nature of the beauty ideal if we are ever to address its harms

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