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# Heal Thyself: An Explanation Of The Real Cause And Cure Of Disease



## Synopsis

In this book, Dr. Edward Bach, creator of the Bach Flower remedies, looks at the nature and treatment of disease, as well as the vital principles that influence advanced members of the medical profession.

## Book Information

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## Customer Reviews

This is the smallest book with the most life changing concepts from a former medical doctor! It transcends all time. We should all know how the mind can drive physical wellness or illness. A must read

He's famous for his well known his flower essence remedy world wide. I never thought I can get his book for only 99 cents for my Kindle! This book not only make you realize what is based on the diseases we encounter but to teach you the basic rules for a better and peaceful life. Another book that made me realize everything's related.

I have read this little book more than 20 times over the past 15 years. Each time I read it I get a greater understanding of Dr. Bach's work. The genius of his work is in its simplicity. Dr. Bach is best known for the Bach flower remedies and any student of the remedies should read this book first to understand the philosophy of the man who created them.

Very concise explanation of life in a nutshell. Sometimes redundant, which is good for remembering,

but always uplifting. Occasional grammatical editing needed. Otherwise this simple (70 page) paperback is worth the read. A good believable philosophy that merits following. New condition, grand and speedy service from the UK.

Was it Jesus or a Greek philosopher who told us to Heal Thyself? Dr. Edward Bach's little book of wisdom will help if we are ready to accept our thoughts create our reality, and preconceived ideas of good and bad brainstormed into us from religion and parents are detrimental in our own Well-being. Readers of Louise Hay will find there a different wording but the same approach... when we know ourselves, we can heal our lives, our bodies, and enjoy the moment! No doctor necessary, no drug needed (legal or illegal).

A brief 60 or so pages, half the size of a regular book. Easy read, but powerful! Best insight on wellness I've seen. And really good introduction to the power of a faith life. The precepts in all religions lead to a "right" living/thinking which lead to wellness. The fruits of the spirit are wellness in one's life. Nice to know that our doctors care.

I would recommend this book to anyone who is serious in helping themselves in healing. This is a book I will always have in my book collection. You can always turn to it and find something new to learn. It has helped me tremendously.

I like knowing the history of who I am studying. This book was well written and informative. I seem to know Dr. Bach better now.

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