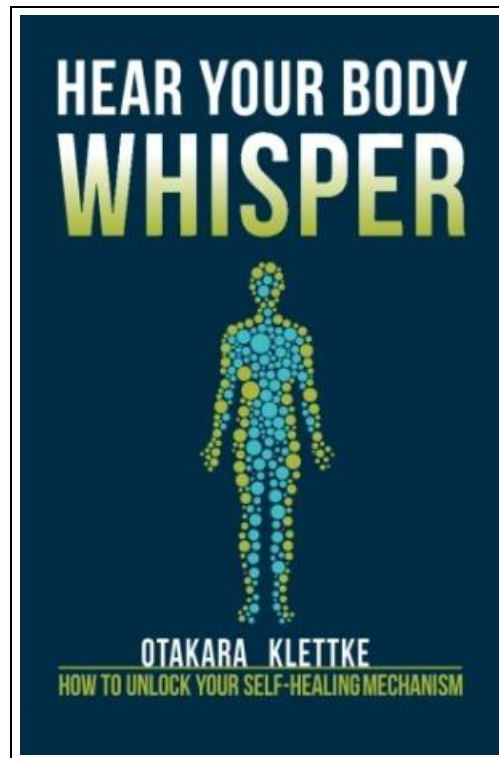


## Hear Your Body Whisper: How to Unlock Your Self-Healing Mechanism



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*(Percy Bernhard)*

## HEAR YOUR BODY WHISPER: HOW TO UNLOCK YOUR SELF-HEALING MECHANISM



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Otakara Klettke. Paperback. Condition: New. 152 pages. Dimensions: 8.5in. x 5.5in. x 0.3in. Can you talk to your body Is it possible to hear your body talk to you Could you help your body to get healthy and heal acute or chronic diseases Could your body return to its ideal shape on its own Imagine your life inside a healthy body. No doctors appointments. No health limitations. Imagine your body to return into shape that is healthiest for it. Without your willpower. Otakara Klettke shares in her book Hear Your Body Whisper, How to Unlock Your Self-Healing Mechanism, how she has learned to communicate with her body. From a sick childhood and constant health limitations, the author spent first 20 years of her life often being bound to a hospital or home in bed. When she slowly discovered that there is a way to communicate with her body her life turned around. Hear Your Body Whisper is a result of obsessive research, personal experience, and rediscovering the connection between our body and mind that naturally exists in every one of us. Otakara Klettke separates her mind and soul from her body. She explains that your body is filled with trillions of microorganisms that are responsible for the well-being of your body. By understanding your bodys inhabitants, you can guide them to address acute and chronic diseases. Your body will also settle in the body shape it is meant to be naturally. Mind-body connection has never been so clear! No doctor or healer is able to listen to your body since they do not reside in it. You can and you should! Rooted in science this book offers a mindful way to love, respect and celebrate your body. Using Hippocrates methods and combining them with modern research you can offer your body...



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