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The Human Restoration Project: Restoring Health and Resiliency in the Chaos of the Modern World (Paperback)

By Mare Tomaski

Outskirts Press, United States, 2014. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.There is a strong healing force within all living systems that would like to magnify from within that which is reaching for health and well being. How do we connect with and awaken that force? How can we maintain steady interaction and communication with it? The Human Restoration Project offers a map that honors both natural law and individual preference to restore us to our rightful place as strong, healthy, robust people. The Human Restoration Project is here to show you for yourself the magnificent healing potential human beings have been endowed with from the very beginning of our evolution upon this planet. Through proper care and maintenance of the body, mind and spirit you will shake off inertia and confusion and learn how to awaken your inner physician. Through Deep Listening, reducing inflammation, understanding posture, breathing, and how your thoughts change your chemistry you will be inspired to correct faulty life style habits and be returned to vibrant health. What is Artful Living? How does resiliency play a role in your inner landscape? Why do you...



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