



# Healing Made Simple: Change Your Mind To Improve Your Health

*Maggie Percy, Nigel Percy*

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## **Healing Made Simple: Change Your Mind To Improve Your Health** Maggie Percy, Nigel Percy

Healing is a journey. There's no way to flick a switch and get instant health. But there is a way to approach healing that will smooth your journey and give you better results. This approach involves stepping back, way back beyond your symptoms and the pain and suffering they are causing. The bigger picture involves your subtle energy body in addition to your physical body; your intuition as well as your rational faculties. In this book, you find out how your perception of yourself and the healing process can be altered to give you better results. By starting out with the right mindset and with clear goals, you can better focus your intention to create positive outcomes. Learn the value of using your heart and intuition as part of your quest for health. Find out how to become an active participant in your healing process, and why that will give you better results. The Healing Made Simple approach is an empowered, enlightened and balanced way of taking charge of your healing journey. It is NOT another healing method. There are already plenty of good healing methods. Instead, Healing Made Simple is an approach to health that will combine with any modality you use to help you take control of your healing process and make the journey smoother and more successful by helping you to align your mindset and actions with the positive outcomes you desire.

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