



The Elemental Cleanse: 28 Days to a Healthy Body, Calm Mind and Awakened Spirit (Paperback)

By Pamela Quinn

Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.THE CURRENT STATE OF INBALANCE We get up early and work late. We are bombarded with texts, emails and phone calls. We have mounting bills and depleting bank accounts. We eat on the run and mindlessly snack on food with little nutritional value only to see it turn into extra pounds on the scale. We carry scars with us from childhood that pop up from time to time in unsuspecting ways. We make choices we don't even realize we are making. We are tired, stressed and overwhelmed. We are not sure what we want to do, only know that we aren't fulfilled by what we are doing. This is what it means to be out of balance. As a society, we are plagued by disease, weight gain and stress. While there are many short-term solutions addressing the symptoms of our dysfunction, few go to the heart of suffering and facilitate real and permanent healing. THE POSSIBILITIES OF IMAGINING IF. On the other hand, imagine what it would feel like to have your sparkle back and wake up in gratitude...



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