



## Body Calm Meditations: Experience the Power of Meditation for Self-Healing and Superb Health

By Sandy Newbigging

Hay House UK Ltd, United Kingdom, 2016. CD-Audio. Book Condition: New. Unabridged. 143 x 124 mm. Language: English . Brand New. Body Calm is a powerful way to meditate that uses the mind-body connection to help your body heal and stay healthy. Using these enjoyable guided meditations you can clear the main mind-based causes of inner disease by developing key mental beliefs that enable you to engage with daily life in a much more relaxed and stress-free way. This ultimately gives your body the rest it needs to recover, and the holistic harmony that is the foundation of lifelong health and happiness.



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