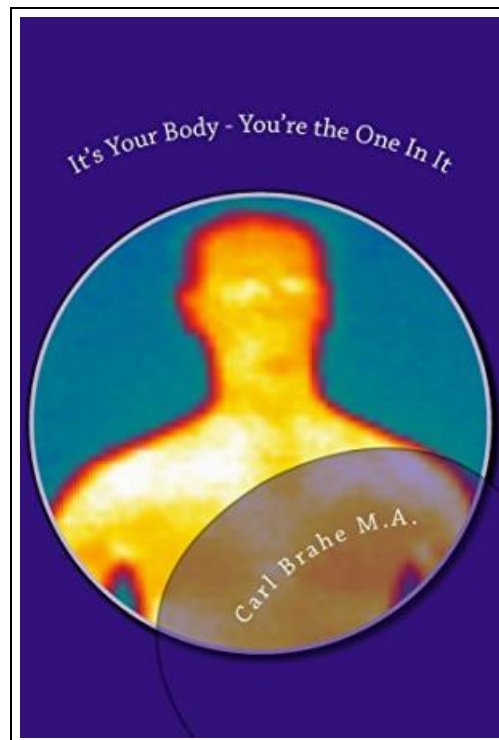


It's Your Body - You're the One in It: Take Control of Your Own Health and Heali



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. I was told I would spend the rest of my life in a wheelchair as the result of a motorcycle accident. Not liking that option I chose another way. I remembered a story from my third grade, Weekly Reader, about a boy who had an inoperable brain tumor. His doctors waited for him to die in the hospital, but at night when they left him alone he played a game where he blasted away his tumor with white light beams from white space ships that circled the tumor. The tumor disappeared in his head as it disappeared in his game. I decided that I could heal my wounds in the same way. A year and a half after being told a slap on the back might leave me paralyzed I was told my back was healthy enough for skydiving. My goal in the beginning was to heal my back and avoid a lifetime of being wheelchair bound but that s not where the healing ended. Once the process was started it continued into other areas of my life. My healing process led me to return to school and where I earned a master s degree in my own healing, technically, Holistic Psychology Self-Designed. Through firsthand experience and the guidance of excellent teachers and therapists I learned many aspects of healing. The essence of what I learned is in this book. Years later I was told I might die any minute from heart attack or stroke due to extreme sleep apnea. I would breathe only 20 min/hr when I slept taking my blood oxygen and pulse to dangerously low levels. Medical treatment made it worse so I decided to treat it my way....



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