

## The Whole Cure 52 Essential Prescriptions to Overcome Overwhelm, Reclaim Balance and Reconnect with a Life You Love



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### **Reviews**

*A very amazing ebook with perfect and lucid reasons. Indeed, it can be engage in, still an amazing and interesting literature. I found out this pdf from my i and dad encouraged this book to discover.*  
(Breanna Hintz)

## THE WHOLE CURE 52 ESSENTIAL PRESCRIPTIONS TO OVERCOME OVERWHELM, RECLAIM BALANCE AND RECONNECT WITH A LIFE YOU LOVE

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Paperback. Condition: New. 166 pages. Are you ready to overcome the most taxing challenges of daily life: disconnect, stress, overwhelm, burnout, frustration, resentment and lack of fulfillment? In *The Whole Cure*, Dr. Weinberg provides a complete toolkit for creating subtle shifts and radical changes in your outlook and habits! Each chapter introduces a core inspirational concept for a fulfilled, authentic and balanced life. As you complete these 52 prescriptions, you can expect incredible transformation and long-lasting impacts. Through self-discovery exercises, guided meditations, journal writing and positive psychology techniques you will gain immense personal transformation and growth. Uncover Dr. Weinberg's powerful strategies for releasing fear, cultivating mindfulness, allowing gratitude, finding forgiveness and inviting love to flow towards yourself and others! You will learn how to: Release destructive patterns and trust your heart Stop hiding from what you truly want in your life Generate a positive energy of enthusiasm, compassion, joy and confidence Take manageable steps to build lifelong vibrant health and happiness As a Preventive and Lifestyle Physician and the founder of The Simple Pure Whole™ Wellness Method, Dr. Weinberg is deeply passionate about inspiring others to reclaim a life of ease, vitality and health. One patient declared her to be the ultimate teammate on the path to lifelong health! While another student described her as an exceptional teacher. She specializes in empowering individuals to heal themselves and live a pure, whole life through lifestyle, mind-body techniques and decreased toxic environmental exposures. Her methods have helped thousands to relieve suffering and regain a fresh perspective and approach to true joy and health! Learn more at [www. JenniferWeinbergMD. com](http://www.JenniferWeinbergMD.com) Warning! These prescriptions may cause profound and powerful shifts in your life, health, relationships and perspective! This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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