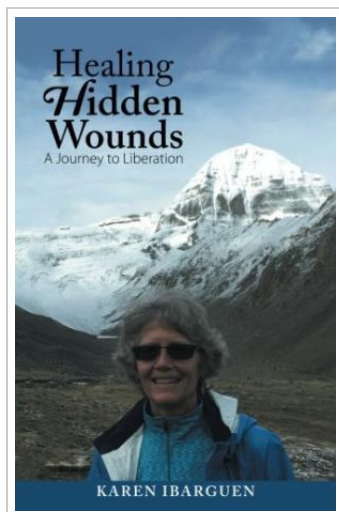



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Healing Hidden Wounds: A Journey to Liberation (Paperback)

By Karen Ibarguen

Balboa Press, 2017. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. The traumas that accumulate over a person s lifetime are varied and numerous. Sexual assault. Surgical trauma. Car accidents and near misses. Serious illness. War. Traumatic experiences, those remembered or forgotten, can manifest as pain, impaired mobility, addiction, illness, fear, depression, anxiety, lack of confidence, and other suboptimal conditions. Yet regardless of the traumatic event(s) of our lives, human beings have a tremendous capacity to heal. In the tradition of classic spiritually-based healing texts such as Louise Hay s Heal Your Body and White Eagle s Heal Thyself, Dr. Karen Ibarguen s HEALING HIDDEN WOUNDS: A JOURNEY TO LIBERATION offers readers a window into how the subtle energies of the mind and body work together to create physical and emotional harmony. As Dr. Karen walks readers through her own journey of self-discovery and healing from childhood sexual abuse, she connects readers to a rich legacy of meditation and mind-body consciousness that opens the heart, quiets the mind, and creates a foundation for healing. The traumas we experience need not...



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