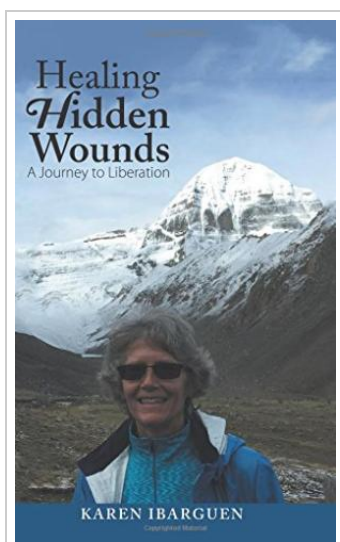




Healing Hidden Wounds: A Journey to Liberation (Hardback)

By Karen Ibarguen

Balboa Press, 2017. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.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 keep us from our destiny. Indeed, they can lead to liberation. Part memoir, part self-help book,...



READ ONLINE
[5.62 MB]

Reviews

I just started out looking over this ebook. it was writtern extremely perfectly and useful. You are going to like the way the blogger publish this book.
-- **Micaela Kutch**

This is the finest ebook i have got read through till now. It really is full of wisdom and knowledge You wont sense monotony at anytime of the time (that's what catalogs are for relating to in the event you ask me).
-- **Mr. Edison Roberts IV**

You May Also Like



[Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age](#)

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age, David Dutwin, TV. Web Surfing. IMing. Text Messaging. Video Games. iPods. Kids today are plugged into...



[Your Planet Needs You!: A Kid's Guide to Going Green](#)

Macmillan Children's Books, 2009. Paperback. Book Condition: New. Rapidly dispatched worldwide from our clean, automated UK warehouse within 1-2 working days.



[Talking Digital: A Parent's Guide for Teaching Kids to Share Smart and Stay Safe Online](#)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their online interactions, the good and the bad,...



[A Parent's Guide to STEM](#)

U.S. News World Report, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.This lively, colorful guidebook provides everything you need to know to help your child get inspired, succeed...



[Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade](#)

Book Condition: Brand New. Book Condition: Brand New.



[Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade](#)

Book Condition: Brand New. Book Condition: Brand New.