

Book Description

for

6 Life Changing Energy Healing Methods:

How to Release Emotional Stress, Pain and Illness by John O'Dwyer

Are you suffering from emotional baggage, pain, chronic illness, or an autoimmune disease (a disorder like fibromyalgia, rheumatoid arthritis, or lupus which stops your body from healing itself)?

If so, please read to this book—written just for you!

How would you like to be able to heal yourself of day-to-day pain and emotional stress in your life when no one else can—not even your doctor?

Most doctors do not know how to release stress and trauma, even though all doctors know these cause or contribute to most health problems.

Ironically, some methods in the book were created by doctors.

How can this book help you?

Your author has discovered six energy-healing methods that have helped him and numerous others to turn their health around by lessening or eliminating stress and trauma.

He created this book to explain those unique energy-healing methods in order to educate those who have been unable to improve their health using traditional Western medicine.

While he is not a doctor and makes no medical claims, he does possess certifications in several of the energy-balancing methods described in detail in this book.

He has used them to help hundreds of people get free (or mostly free) of pain and distress in minutes and has aided others over a longer period of time.

User-friendly energy healing has helped millions—without drugs or invasive procedures.

Energy-healing methods described in this book have reversed these conditions (and many more):

- Chronic aches and pain
- Jet lag, worry, fears
- Phobias and emotional upset
- Autoimmune diseases
- Serious illnesses (PTSD, ALS, MS, PD)
- Numerous problems of body, mind, and spirit

Even if you don't have major health issues, the energy-healing methods in this book may well help you better maintain and/or improve your health.