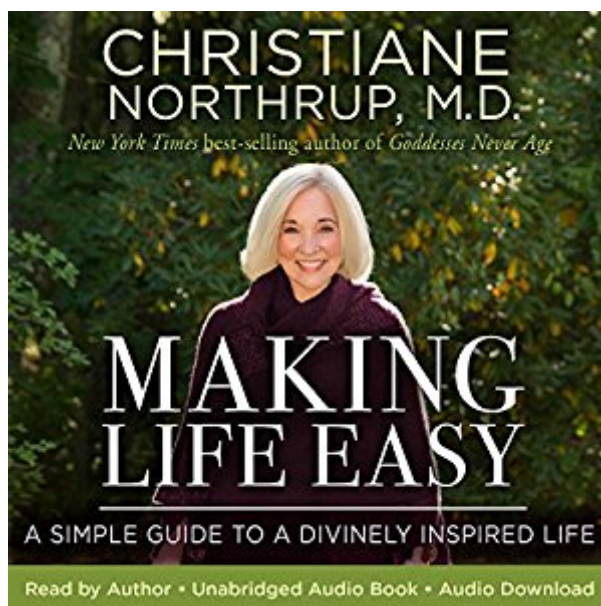


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Making Life Easy: A Simple Guide To A Divinely Inspired Life



Synopsis

Ever since medical school, Dr. Christiane Northrup has been guided by an essential truth about the way our bodies, minds, and souls are intertwined. It's the same truth Edgar Cayce expressed in this famous formula: The spirit is life. The mind is the builder. The physical is the result. When we don't grasp this - when we view our bodily well-being in isolation - life can devolve into constant worry about our health and constant battling to make our bodies "behave". When we acknowledge the deep connection between our beliefs and our biology and start to tune in to the divine part of ourselves, it's a whole new ballgame - and the first step in truly making our lives work. Making life work, and truly feeling your best, is about far more than physical health; it's also about having a healthy emotional life and a robust spiritual life. And this is what makes the efforts of modern medicine incomplete. As Dr. Northrup explains, our current medical system treats symptoms as inconveniences to be masked with drugs or eliminated with surgery - but that's like putting duct tape over the "check engine" light on your dashboard instead of looking under the hood to see what the engine needs. This joyfully encouraging new book helps you lift the hood on your own life and health. Topics include: Untying the knots of blame and guilt that harm your health Using sexual energy consciously to increase vitality Balancing your internal systems, including your microbiome, through healthy eating Cultivating a strong, healthy ego that serves you - instead of the other way around Communicating directly with the divine - whatever form it takes for you Drawing on fields from astrology to past-life regression to the new science of epigenetics to standard Western medicine, Dr. Northrup distills a brilliant career's worth of wisdom into one comprehensive user's guide to a healthy, happy, radiant life.

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Dr. Northrup delivers TRUTH in this book without restraint and I love it!. The ancient wisdom and new science are keys to our health and well being.

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