



Healing Yourself (Timeless Wisdom Collection Book 211)

Christian D. Larson

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MR. LARSON has written many books on the forces of New Thought, but none more directly to the point than the present one on "Healing Yourself." He presupposes no previous knowledge or training on the part of the reader, in invoking these forces, but proceeds step by step to point out the methods that are likely to prove best in individual cases.

As he states in his preface, there are many states and conditions of mind, and many stages in human development. Also there are many special personal needs. Therefore, it is necessary to have many methods of healing, and many ways to open the doors to personal emancipation and well being.

The opening chapter emphasizes the need of maintaining a full supply of vital energy, and shows how this may be accomplished. The great law set forth by the author is that "it is absolutely impossible for any form of disease, physical or mental, organic or functional, to enter the human system so long as that system is abundantly supplied with vital energy. And it is absolutely impossible for any form of disease to remain in the human system after a full supply of vital energy has been provided for every part of that system. Then follow clear-cut talks on "Nourishing the Body," "Nourishing the Mind"—twelve chapters in all, freighted with the same message.

Full Supply of Vital Energy—The Super-Physical Breath—Psychological Equilibrium—Nourishing the Body—Nourishing the Mind—The Will to be Well—Interior Relaxation—Imagine Yourself Well—The Real Living of Life—The Right Use of Body, Mind and Soul—The Finer Curative Forces—Living in the Absolute.

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