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Heal Thyself: An Explanation Of The Real Cause And Cure Of Disease



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Synopsis

In this book, Dr. Edward Bach, creator of the Bach FlowerÃ Â remedies,Ã Â looks at the nature and treatment of disease, as well as the vital principles that influence advanced members of the medical profession.

Book Information

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Customer Reviews

Dr Edward Bach studied medicine at the University College Hospital, London and, after several years, gave up his lucrative medical career and Harley Street practice to travel the countryside in order to complete his discovery into the healing benefits of herbs and plants. One by one he found the remedies he wanted, each aimed at a particular mental state or emotion and his highly successful system of medicine is now used all over the world.

Old book but the power of the narrative is still important today. We understand that there is the mind, body and spirit. However we are rarely taught that the mind and spirit once healed will rid us of the dis-ease we have in the body.

He’s famous for his well known his flower essence remedy world wide. I never thought I can get his book for only 99 cents for my Kindle! This book not only make you realize what is based on the diseases we encounter but to teach you the basic rules for a better and peaceful life. Another book that made me realize everything’s related.

Even though this book was written years ago there is so much pertinent information for today. It helps the reader to consider a holistic way of healing.

A brief 60 or so pages, half the size of a regular book. Easy read, but powerful! Best insight on wellness I've seen. And really good introduction to the power of a faith life. The precepts in all religions lead to a "right" living/thinking which lead to wellness. The fruits of the spirit are wellness in one's life. Nice to know that our doctors care.

Such a small book for such huge concepts. Dr. Bach was a true master who came to this life to teach us the simple healing power of nature. Thank you, Dr. Bach!!!

I found it a little difficult to wade through the dated writing style but it was well worth the effort.

keeps it as simple as possible....share it with many friends

Another voice reminding us that by taking responsibility for ourselves we too can touch the seemingly miraculous joy of life without lack or fear.

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