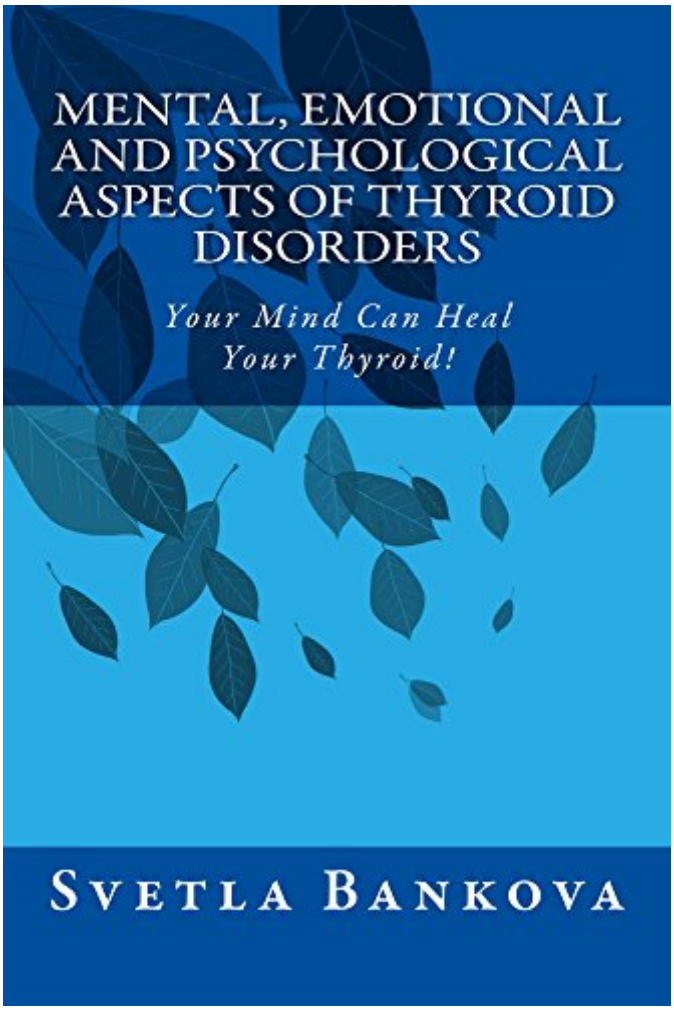
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Mental, Emotional And Psychological Aspects Of Thyroid Disorders: Your Mind Can Heal Your Thyroid!



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Synopsis

Ã¢â ¬Å“Mental, Emotional and Psychological Aspects of Thyroid disordersÃ¢â ¬Â• is a psychological anatomy of thyroid disorders, a book about the real origin of your thyroid problems (GravesÃ¢â ¬â„¢s disease, HashimotoÃ¢â ¬â„¢s disease, thyroid cancer, hyperthyroidism or hypothyroidism). The book explains the mental and psychological reasons behind the thyroid disorder and how buried emotions and feelings can create the grounds for the onset of these disorders. The author is a former GraveÃ¢â ¬â„¢s Disease and hyperthyroidism patient and holds a MasterÃ¢â ¬â„¢s degree in Psychology. She is counseling and coaching thyroid patients for over 10 years. The book includes also information about: The Hierarchy of Needs Theory and thyroid disorders; The concept of Self- Esteem and Self- Love for thyroid patients; Personality Traits of people suffering from thyroid disorders; Anatomy of stress and emotions and their role in the onset of thyroid disorders;25 Alternative and Complementary Methods, worth trying; Psychological exercises, tests and practical instruments that will help your thyroid gland and much, much more. Have you ever thought that your thyroid disorder may just not be due to chemical imbalance and lack of medications? Have you ever thought that the only available, scientifically proven methods for treatment today i.e. surgery, RAI treatment and medication may not be enough to heal your thyroid disorder or actually they can damage your whole body system, irreversibly? Did it occur to your mind that these may not be the only options to take you to your path of healing? Do you want to avoid RAI or surgery just by including alternative and complementary methods and making life style changes? Do you know how to reduce stress and deal with the negative emotions associated with your thyroid disorder? Learn all this in "Mental, Emotional and Psychological Aspects of Thyroid Disorders" book!Your mind can heal your thyroid!

Book Information

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Customer Reviews

This book changed my life!! I strongly recommend anyone with hyperthyroid or Graves Disease read this book.

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