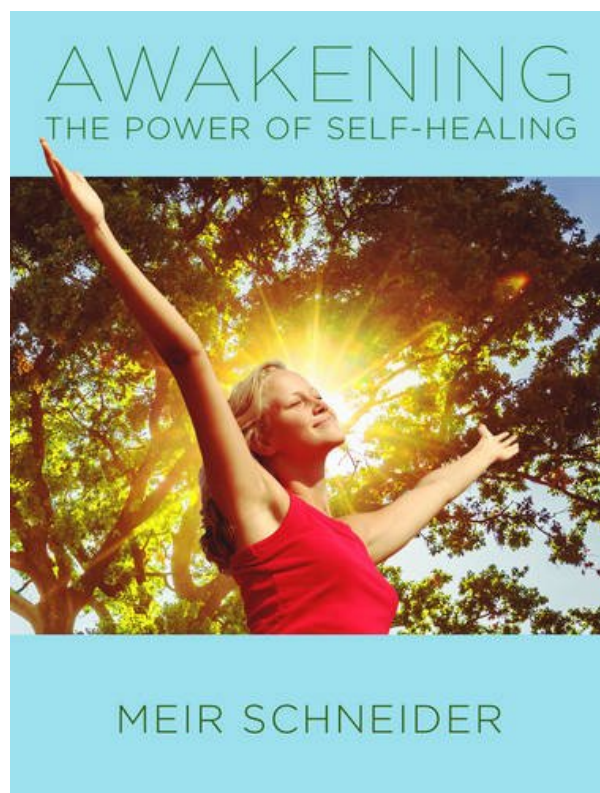


AWAKENING THE POWER OF SELF-HEALING: HEALTHY EXERCISES FOR PHYSICAL, MENTAL, AND SPIRITUAL BALANCE BY MEIR SCHNEIDER

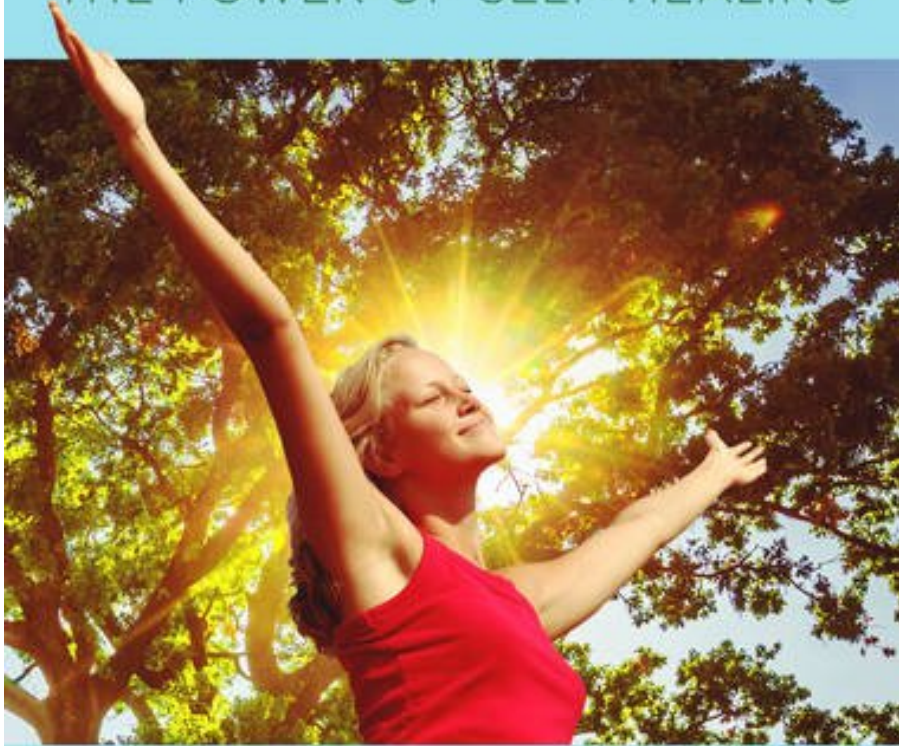


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Review

"...remarkable techniques that unlock the body's ability to heal itself." -- Ronald K. Takemoto, MD, Assistant Professor of Physical Medicine and Rehabilitation, UC Irvine

"Meir demonstrates our untapped power and potential..." -- John E. Upledger, DO, founder, Upledger Institute

About the Author

Meir Schneider, PhD, LMT healed himself of congenital blindness and developed an original holistic approach to health. The Meir Schneider Self-Healing Method is a unique combination of therapeutic massage, movement, and natural vision improvement exercises for prevention and rehabilitation of degenerative conditions. A globally respected therapist and educator, Meir is also a bestselling author. His latest book, Vision for Life, was published by North Atlantic Books. He is the founder of the School For Self-Healing in San Francisco.

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The purpose of our book is to add a fresh dimension to your already expanding array of

healthcare skills. This is the dimension of kinesthetic awareness?the physical, sensory

awareness of your own body. As your kinesthetic awareness develops, you will be able to feel

more and more of what happens with your body, both internally and externally.

Ask yourself this: How much good can you do in the world around you if you are not well? How

much more good could you do if you had 100% of your resources available to work with?

Obviously, your world will benefit from a happy and healthy you as much as you will yourself.

This book is filled with ways—which we call exercises for want of a better word—to get more in touch with your physical self, using both your mind (consciousness) and your body (kinesthetic awareness). Whether your aim is to prevent an illness, heal an existing condition or make good health into terrific health, you will have the opportunity to learn much about your body. The process takes time and patience, but it gives back self-knowledge and a new enjoyment of your body.

If you believe that you can improve and that the path to improvement is simple, this book will change your life and the lives of the people around you permanently. The philosophy behind it and the simple explanations it contains are the most powerful tools you can possibly have in order to improve and maintain good health.

You have learned how to move, breathe and see in ways that are not working for you. In this book you will be guided in ways of breathing, moving, and sensing your body in ways that will move you from stagnation—which happens to 99% of the population—to vitality and openness.

What is different about this book? It shows you how day-to-day work and movement, or lack of it, affects you so you will be alerted to these effects and you can change the way you function. In this book we make what has been mysterious very familiar: how your mind and your body can meet, and how your brain and body tissues can work together. It's no mystery. It's no religion. It's not mysticism. It is a way for you to connect to yourself and through yourself to universal forces.

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Awakening the Power of Self-Healing is a book containing two parts that will empower readers with the ability to take active control of their health through an accessible, natural, and life-affirming regimen. Part 1, "Empower Your Body for Ever Growing Health," will focus on prevention, from improving kinesthetic awareness to actually moving out of pain and illness. This will involve control and strengthening of the body and sharpening the senses. Part 2 will be called "Moving Away from Pain and Illness" and will focus on treatment of existing conditions and apply the same principles to specific needs, like the physical problems suffered by computer users. By reading both parts, individuals will discover their body's inner resources, improve vision, increase mobility, amplify vitality, and extend their range of movement through exercises designed to promote physical, mental, and spiritual balance.

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