



Heal-Thy Mind-Body: Imagination with Intention Guide to a Healthier Self

Liza Boubari CCHt

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This book is an accumulation of my thoughts and ideas on becoming healthier, understanding the connection of the mind to your body, and some of my personal quotes. By practicing these exercises, know that you can make changes from within and come to appreciate yourself far more deeply. Nothing has or will happen to you - But for you. Live Life Victoriously - You Matter Liza

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