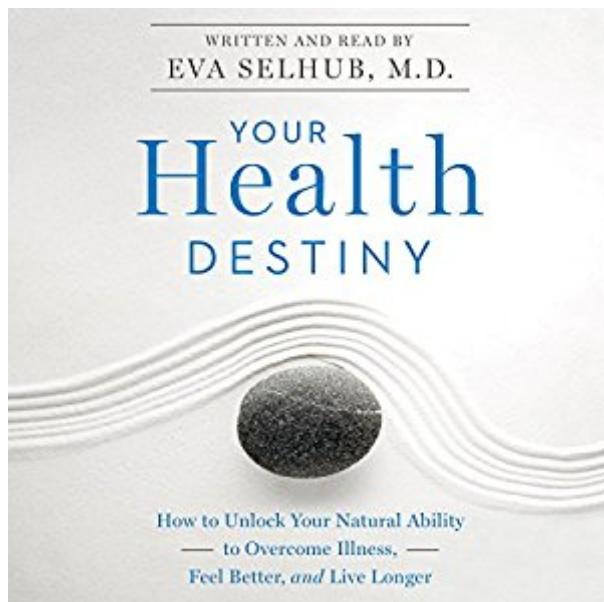


The book was found

Your Health Destiny: How To Unlock Your Natural Ability To Overcome Illness, Feel Better, And Live Longer



Synopsis

An internist and clinical instructor at Harvard Medical School fuses Eastern practices with cutting-edge Western medicine to help you connect body and mind to transform your health today and tomorrow. Over the course of her decades-long career, Dr. Eva Selhub has discovered a fundamental truth: health, happiness, and strength are often direct results of the affirmative choices we make, regardless of whatever genetic or environmental setbacks we face. When our bodies get sick, we often feel out of control - a cycle of fear that leaves us feeling vulnerable and helpless, desperate for medication or tests that will make us well. But illness shouldn't make us afraid. We do have control over our well-being, contends Dr. Selhub, and we can make choices that can positively influence any health issue, big or small, acute or chronic. It's all about perception - how you view yourself, your resources, and your circumstances. Drawing on findings in the emerging field of epigenetics, she reveals how we can bolster the mind-body connection and actually change the way our DNA operates. In *Your Health Destiny*, Dr. Selhub teaches you how to pay attention to your body's signals, to understand what these signals mean, and to make the right choices that will bring amazing results to your health now and for the future. You will discover ways to prevent disease from happening or getting worse and even find that you can reverse the disease process altogether. We have more power than we think. *Your Health Destiny* shows you how to harness it to improve your life.

Book Information

Audible Audio Edition

Listening Length: 7 hours and 53 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: HarperAudio

Audible.com Release Date: April 7, 2015

Language: English

ASIN: B00SNP5QFS

Best Sellers Rank: #107 in Books > Medical Books > Medicine > Preventive Medicine #364 in Books > Audible Audiobooks > Health, Mind & Body > Health #436 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition

Customer Reviews

This is an illuminating book that builds in our agency as persons to open the possibilities to take

control of our health. Written with an elegant prose and anchored in the most recent medical research, the book helps us understand the centrality of mind and body to reach a healthy life. It shows us that we have choices, if we develop the skills for healing. A must to read!

I enjoyed this book even though it took time to get through it. Four stars because of lengthy medical jargon.

Wonderful book, full of healthful information! Dr. Eva Selhub did a wonderful job writing this book and conveying the information.

Wonderful book with real logical answers. I've given it to friends who love it!

Fun reading but not much new.

She's great

Almost finished reading...very interesting and informative.

I am a patient of Dr Selhub's and I can tell you that Dr. Selhub's approach to medicine has changed "my health destiny." All of Dr Eva Selhub works are amazing. I have read her other books, and practice meditating while listening to her CD's or MP3 files. I practice mindfulness daily thanks to Dr Selhub. Through all of this, I have learned to control my stress which has a direct physiological effect on my health. I feel happier and healthier because of Dr Selhub and her works.

[Download to continue reading...](#)

Your Health Destiny: How to Unlock Your Natural Ability to Overcome Illness, Feel Better, and Live Longer
Earl Mindell's Supplement Bible: A Comprehensive Guide to Hundreds of NEW Natural Products that Will Help You Live Longer, Look Better, Stay Healthier, ... and Much More! (Better Health for 2003)
10 FAT Rules: Losing weight to Look Better, Feel Better, Live Longer
The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health
How to Live Longer and Feel Better
The DHEA Breakthrough: Look Younger, Live Longer, Feel Better
Intermittent Fasting: How to Unlock the Benefits of Intermittent Fasting to Achieve Weight Loss, Build Muscle, and Live a Longer and Healthier Life (Intermittent ... for Women, Intermittent Fasting for Men)
Cultural Diversity in Health and Illness/Culture Care: Guide to Heritage

Assessment Health (Cultural Diversity in Health & Illness (Spector)) Live Better, Longer: The Science Behind the Amazing Health Benefits of OPC The Exercise Cure: A Doctorâ™s All-Natural, No-Pill Prescription for Better Health and Longer Life Natural Healing and Remedies Cyclopedia: Complete solution with herbal medicine, Essential oils natural remedies and natural cure to various illness. (The answer to prayer for healing) The First 20 Minutes: The Surprising Science of How We Can Exercise Better, Train Smarter and Live Longer Attract Women: Unlock Her Legs: How to Effortlessly Attract Women and Become the Man Women Unlock Their Legs For (Dating Advice for Men to Attract Women) Immunity to Change: How to Overcome It and Unlock the Potential in Yourself and Your Organization 1% Fitness: Move Better. Train Smarter. Live Longer. The First 20 Minutes: Surprising Science Reveals How We Can Exercise Better, Train Smarter, Live Longer Welcome to Spiralizer World: Unlock EVERY Secret of Cooking Through 500 AMAZING Spiralizer Recipes (Spiralizer Cookbook, Vegetable Pasta Recipes, Noodle Recipes,...) (Unlock Cooking, Cookbook [#4]) Welcome to Spanish Food World: Unlock EVERY Secret of Cooking Through 500 AMAZING Spanish Recipes (Spanish Food Cookbook, Spanish Cuisine, Diabetic Cookbook in Spanish,...) (Unlock Cooking [#19]) Welcome to Japanese Food World: Unlock EVERY Secret of Cooking Through 500 AMAZING Japanese Recipes (Japanese Coobook, Japanese Cuisine, Asian Cookbook, Asian Cuisine) (Unlock Cooking, Cookbook [#7]) Welcome to Korean Food World: Unlock EVERY Secret of Cooking Through 500 AMAZING Korean Recipes (Korean Cookbook, Korean Cuisine, Korean Cooking Pot, Asian Cuisine...) (Unlock Cooking, Cookbook [#8])

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)