



The Healing Code: One Man's Amazing Journey Back to Health and His Proven Five-step Plan to Recovery

By Dermot O'Connor

Hachette Books Ireland. Paperback. Book Condition: new. BRAND NEW, The Healing Code: One Man's Amazing Journey Back to Health and His Proven Five-step Plan to Recovery, Dermot O'Connor, After being diagnosed with multiple sclerosis, Dermot O'Connor dedicated his life to discovering the key ways in which you can not only live with, but also recover from, life-threatening illness. His unique and brilliant system combines Eastern and Western approaches to illness, and includes the psychology of recovery, subconscious and emotional healing, optimum diet and nutrition, detoxing for regeneration, and exercise for health recovery. Six years after his diagnosis, Dermot is in the best health of his life - and in this inspiring, practical guide he shows how you can achieve the same thing.



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