



## Yes/No: Using the Arm-length Test for Instant Answers and Wellbeing

By Uwe Albrecht

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Yes/No: Using the Arm-length Test for Instant Answers and Wellbeing, Uwe Albrecht, Did you know that our bodies can talk? They can say 'yes' and 'no'. Just like your inner voice sometimes warns or supports you, your body does this too by changing its muscle tension. This is the muscular system's reaction to stress, and means that if you are not comfortable with something, your body says 'no' and the length of your arms appears different. This clear and simple book shows you how to use this 'arm test' to access instant answers to absolutely anything from your subconscious. Using it will allow you to know what is best for you in any situation - helping you to maintain balance in all areas of your life, from relationships and health to money and career. And it only takes a few seconds to do, giving you clarity, insight, and peace of mind.



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