



## Snippets: Memories to Enhance Healing, Health, and Wellness (Paperback)

By Joseph N DeLuca MD Ph D

Balboa Press, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book enables an individual to work through those life experiences that were painful, working on their own and at their own pace. They can selectively pursue the healing of painful past experiences and deal with them in the comfort of their own private space. On the other hand, those ego-enhancing past experiences-considered by the individual as experiences of joy and happiness-can be relived, so they can enhance the reader's health and wellness. The reliving of past positive experiences enhances ego strength in addition to physical and emotional well-being. Again, this can be done in one's own private space at a pace that is comfortable. In summary, this is a book that can help resolve past negative experiences and replay one's memories of past positive experiences for the purposes of healing and enhanced wellness and health.



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