



# **Your Body Speaks Your Mind: Decoding the Emotional, Psychological, and Spiritual Messages That Underlie Illness**

*Debbie Shapiro*

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## **Your Body Speaks Your Mind: Decoding the Emotional, Psychological, and Spiritual Messages That Underlie Illness** Debbie Shapiro

In this original audio adaptation of her UK best-selling book *Your Body Speaks Your Mind*, Deb Shapiro shows listeners how to initiate communication between the body and mind, and decode the priceless information the body has to share. Listeners join the author of *The Body Mind Workbook* and *Unconditional Love* to learn the language of the body in order to understand how thoughts and feelings directly affect physical health. With creative visualization and meditation exercises, Deb Shapiro helps listeners understand the meaning of symptoms, shift fixed thinking patterns, release hidden doubts, initiate forgiveness, and take a more active role in their own healing and well-being.

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