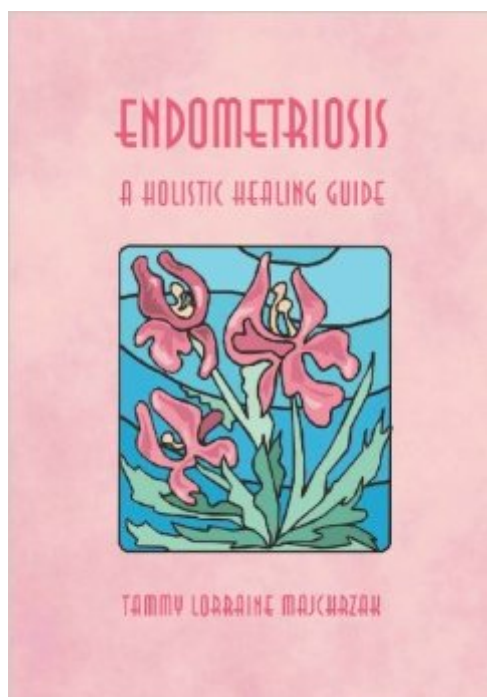


The book was found

ENDOMETRIOSIS - A HOLISTIC HEALING GUIDE



Synopsis

An alternative health guide for women who suffer from Endometriosis and associated symptoms. A self-help tool.

Book Information

Paperback: 130 pages

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Average Customer Review: 3.4 out of 5 stars [See all reviews](#) (5 customer reviews)

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Customer Reviews

This is a good book to read for endometriosis sufferers and anyone else into yoga because the author talks of her personal experience with the disease. She guides the reader through the body map so that one can have a better understanding of the disease and their body energy through yoga exercises. The introduction explains what the book covers and gives positive reinforcement for inspiration and encouragement. She takes a personal approach and relates this and empathizes with her audience just how she felt before she began doing yoga. This is very insightful and motivating. She educates the reader about the different therapies available and why endometriosis may occur. She supports the reader in comforting them with the initial phase of pursuing yoga as a healing modality. She gives the reader inspiration and helps in restructuring their cognition and enlightens their feelings and gives them a more positive outlook. The tools of the trade are explained in detail such as pranayama and meditation. The book has a conscious awareness insight that draws you in to your inner body experience. This subliminal connection decreases fears that actually cause pain. The poses are very well explained so anyone can follow along. She guides you through a diet and just how to monitor this process. I really enjoyed reading this book, it is a wonderful reference guide to have on your shelf. The book is a journey taking one from the

beginning of where it all began to a world of possibilities and transformation. The book can teach you to understand your body rhythms, limitations and energy levels.

This is the author's experience with dealing with endometriosis. Not a lot of back up or reason behind the suggestions. Many of her suggestions are excellent for promoting good health, but it's not made clear why they help with endo.

Highly recommended. I was almost in tears when I found this book - everything this woman writes is something I can relate to or have had direct experience with. Each section of the book is wonderfully comprehensive, as is the research. I urge all of you who are suffering with this disease or if you know someone struggling with it, to read this book - you will treasure it. It has completely changed my life and I am positive it will dramatically alter how you cope and manage your life. Thank you so much Tammy!

I was expecting more from this book. It is just a booklet with yoga poses but no explanation at all. Totally waste of my money.

Wonderful work Tammy, it has helped two ladies I know already! Very detailed, well thought out, top class advice and IT WORKS!! All I want to know is, when is your next book out and what is it about as I will invest for sure! Thanks for the effort you put into this. Gilly

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