



You the Healer: The World-Famous Silva Method on How to Heal Yourself and Others

Robert B. Stone, José Silva

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Our health as a nation is declining. In addition, it is becoming increasingly clear that allopathic medicine has come to a plateau in its efforts to stem the tide of degenerative disease. As a result, mind-body medicine is a very big topic for the 90s. *You the Healer* offers a guide that can help you and your loved ones to live a healthy, disease-free life.

Based on the most successful mind development program in the world today, *You the Healer* offers a complete course in Silva Method healing techniques in a do-it-yourself, forty-day format. By reading one chapter a day and doing the indicated exercises, you can be firmly on the path to wellness in just six weeks. In *You the Healer* Jose Silva and Robert B. Stone offer a proven method of attuning to the special mind frequency called alpha. In this alpha frequency, a healing state is activated. These lower-frequency alpha brain waves can be used to achieve maximum well-being; they can be applied to healing yourself as you work with your health-care professional; and they can be used to help you heal others. Included are inspirational stories of people who have successfully used this method to regain their health after illness or injury.

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