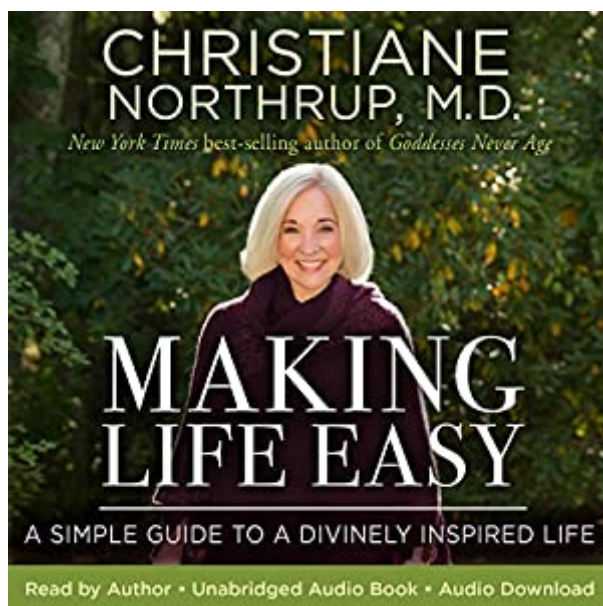


The book was found

Making Life Easy: A Simple Guide To A Divinely Inspired Life



Synopsis

Ever since medical school, Dr. Christiane Northrup has been guided by an essential truth about the way our bodies, minds, and souls are intertwined. It's the same truth Edgar Cayce expressed in this famous formula: The spirit is life. The mind is the builder. The physical is the result. When we don't grasp this - when we view our bodily well-being in isolation - life can devolve into constant worry about our health and constant battling to make our bodies "behave". When we acknowledge the deep connection between our beliefs and our biology and start to tune in to the divine part of ourselves, it's a whole new ballgame - and the first step in truly making our lives work. Making life work, and truly feeling your best, is about far more than physical health; it's also about having a healthy emotional life and a robust spiritual life. And this is what makes the efforts of modern medicine incomplete. As Dr. Northrup explains, our current medical system treats symptoms as inconveniences to be masked with drugs or eliminated with surgery - but that's like putting duct tape over the "check engine" light on your dashboard instead of looking under the hood to see what the engine needs. This joyfully encouraging new book helps you lift the hood on your own life and health. Topics include: Untying the knots of blame and guilt that harm your health Using sexual energy consciously to increase vitality Balancing your internal systems, including your microbiome, through healthy eating Cultivating a strong, healthy ego that serves you - instead of the other way around Communicating directly with the divine - whatever form it takes for you Drawing on fields from astrology to past-life regression to the new science of epigenetics to standard Western medicine, Dr. Northrup distills a brilliant career's worth of wisdom into one comprehensive user's guide to a healthy, happy, radiant life.

Book Information

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Customer Reviews

This book is a wonderful guide to deepen your spiritual compass. Dr Northrup guides us through spiritual techniques that tap into the divine. She gives all of us permission to open up to our hidden passions and work with age old tools that bring clarity and guidance to living a more Inspired life. This is a book you will read again and again...it is at the top of my tool kit for guidance with techniques that are easy, fun and resonate with all of us seekers!

5.0 out of 5 stars
A truly inspiring and practical guide to spiritual growth.

I found this book incredibly powerful and am so grateful to Dr Northrop for having the guts to write it. I suspect she doesn't expect everyone to get it. Publicly embracing our spirit connections is risky in today's culture and I sense the folks who do get it will explore the concepts quietly so as not to offend. That's okay with me. Thank you Dr Northrop for putting yourself out there and giving some of us the opportunity to test the waters with a new tribe. I actually bought 7 copies to give to special women in my life. God Bless!

1/2 way through but this is a fantastic book full of mysticism and health. I have all of Dr. Northrup's books and her blend of science/medical knowledge and being in touch with spirit is the key to our wellness in this day and age. It really is key to have mind, body, spirit all together. Highly recommended.

Nobody writes like Dr. Christiane Northrup!!! I LOVE this book!!! Dr. Northrup is one classy lady and I feel like she's talking directly to me in her books!!! Thank you Dr. Northrup!!!

Simple fantastic! Dr. Northrop shares her what she has always known about making life easy by connect to our Great Creator! 5.0 out of 5 stars
A truly inspiring and practical guide to spiritual growth.

Kind of changing my life. Easy to read (I've got two kids I'm home all day with and I finished it in about 2 weeks) and inspiring. What more could one ask for?

So beautifully written an meaningful guidance for this life journeyGet in thought provoking and

reaching deep into the soul level

Dr. Northrup delivers TRUTH in this book without restraint and I love it!. The ancient wisdom and new science are keys to our health and well being.

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