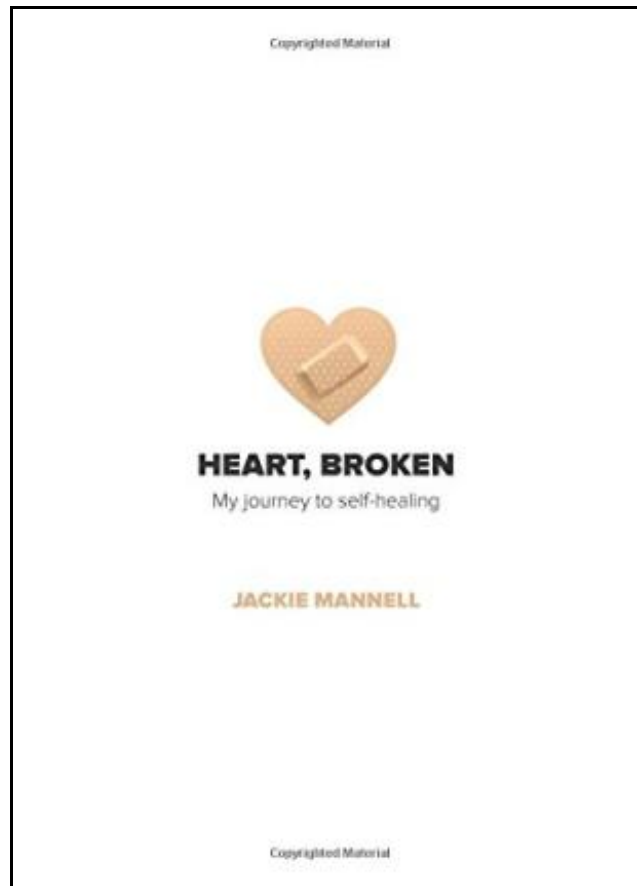


# Heart, Broken: My Journey to Self-Healing



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***(Roberto Friesen)***

## HEART, BROKEN: MY JOURNEY TO SELF-HEALING



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Red Letter Books, United Kingdom, 2016. Paperback. Book Condition: New. 178 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. It s just your age, Jackie. You ll be on beta-blockers and warfarin for the rest of your life. The doctor s words terrified Jackie Mannell, then in her late 40s. She d never taken drugs and had no intention of starting. But how could she heal her heart s abnormal rhythm naturally? Within three months of embarking on her self-healing journey, she was declared fit and healthy and has written this life story to inspire and help others to take charge of their own well-being. The beliefs Jackie learnt in her childhood shaped her thoughts and actions in later life and, ultimately, they caused her illness. Dis-ease in the mind causes disease in the body - it s as simple as that. Jackie s story will resonate with everyone at some point and that s its beauty: everyone suffers difficult times in their lives, whether it s being bullied at school, enduring crippling bereavement, becoming a victim in an emotionally abusive relationship or getting sucked into others distorted realities. But not everyone realises they can control their destiny and turn their life around - Jackie succeeded. And she now wants to share the most important message she s learnt: you can heal yourself, naturally. Her story begins with a very happy childhood. Her parents were poor, but that never bothered her. She was an only child; the sole survivor of five children. Her parents were alternative , in terms of their spiritual and lifestyle choices, which by the standards of the 1970s made her family unusual . None of this bothered her. But her mother was diabetic and that did bother her - especially,...



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