



The Anatomy of Your Health: Essential Insights on the Hidden Causes of Illness and Healing

Caroline Myss

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It's clear that the old, mechanical model of health is no longer enough. A comprehensive approach to health must include the physical body, psychology, the energetic anatomy, environmental factors, and our spiritual life-and how to heal each of these systems when they break down. With *The Anatomy of Your Health*, Caroline Myss presents a complete audio training in her dynamic system for understanding the interacting forces that affect our well-being and empowering ourselves to thrive in a changing world. Join the world's foremost medical intuitive as she offers powerful insights and essential practices for energetic and spiritual healing, integrating your genetic and archetypal history, filtering the "psychic free radicals" of a stressful world, and much more.

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