



Psoriasis Healing from the Inside Out

Heather J. Ferris

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"At last a beautifully written book on how to manage this difficult external condition by internal means. I will recommend this book to all my patients with psoriasis." Dr Stephen Falkner MB., Ch.B. Psoriasis Healing from the Inside Out is an important book for people with psoriasis and other conditions, who feel controlled by their diseases. The author Heather Ferris shares her own profound (and simple) experiences with healing addressing issues of body, mind and spirit. She provides practical techniques and opportunities to reflect on individual situations. The author's warm and caring style is evident as she invites us to experience a more peaceful inner environment. Reading this book reminds us to live full, healthy lives.

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