

Detox for Life: Detox Your Mind, Body, Relationships and Home

Collins, Josephine, author

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Abstrak

Be kind to yourself, get rid of bad energy, overcome damaging habits, and purify your mind, body & soul. In this rejuvenating book, author Josephine Collins provides authoritative information and sensible advice that will help you make the wisest choices for improving your entire well-being-from the way you think to the way you look and feel.

Each of the four sections in Detox for Life-Mind, Body, Relationships and Space-takes a straightforward approach to helping us release the stresses of modern living. Each section includes a choice of flexible, step-by-step detox programs, encouraging the reader to follow at their own pace. You devise a program tailored to your own lifestyle, one that you can easily follow and which will benefit you all the more.

Informative charts, easy exercises, self-help questionnaires, and simple meditations make Detox for Life a book to treasure and return to. Josephine Collins' method encourages you to maintain balance and harmony and above all being gentle with yourself.