



## Heart, Broken: My Journey to Self-Healing (Paperback)

By Jackie Mannell

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....

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