



# How to Heal Yourself When No One Else Can: A Total Self-Healing Approach for Mind, Body, and Spirit

By Amy B. Scher

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GET THE HEALING BOOK THAT EVERYONE IS TALKING ABOUT ....

**"This book is literally changing my life."** -- Amazon reader

**"Amy Scher is an inspiration, not just because she teaches us how to take healing into our own hands, but because she's living proof that it works."**-- Pam Grout, #1 *New York Times* bestselling author of *E-Squared* and *E-Cubed*

**"My healing is happening!"** -- Amazon reader

**Be You. Be Happy. Be Free.** Using energy therapy and emotional healing techniques, *How to Heal Yourself When No One Else Can* shows you how to **achieve complete and permanent healing**. Energy therapist Amy Scher presents an easy-to-understand, three-part approach to using energy healing for **removing blockages, changing your relationship with stress, and coming into alignment** with who you truly are.

After overcoming a life-threatening illness, Amy had an epiphany that healing is more than just physical: *If treating the body alone doesn't solve the problem, then the body alone isn't what created it.* Her dramatic story serves as a powerful example of how beneficial it is to address our emotional energies, particularly when nothing else works.

Discover areas of imbalance you might not even know you have and easy ways to address them on your healing journey.

- Unprocessed experiences
- Harmful beliefs
- Unhealthy emotional patterns
- Fear (often described as anxiety)

Whether you are **experiencing physical symptoms and chronic illness** or are just feeling **lost, sad, full of anxiety, or emotionally unbalanced**, this book will show you how to use intuitive self healing to **change your life**.

### **Praise:**

**"Amy Scher has penned a remarkable book about the pivotal role of the body, mind, and spirit in attaining true and complete healing."**--SANJIV CHOPRA, MD MACP, Professor of Medicine at Harvard Medical School, bestselling author of *Brotherhood* with Deepak Chopra

"Amy has seen the truth and can be a coach to all those who seek healing and authenticity." -**BERNIE SIEGEL, MD** bestselling author of *Love, Medicine and Miracles, and The Art of Healing*

"Amy Scher takes you on a guided journey to resolve emotional, physical, and energetic blockages that get in the way of true healing. You will feel like you have a loving expert coach by your side along the way."--**HEATHER DANE, co-author with Louise Hay** of *Loving Yourself to Great Health*

### **A Note From the Author:**

*How To Heal Yourself When No One Else Can* was born from my own healing journey of over ten years. When nothing worked to heal me from a list of chronic illnesses and conditions including Lyme disease, chronic fatigue, autoimmune disease, and anxiety, I finally had an epiphany: *If treating the body alone doesn't solve the problem, then the body alone isn't what created it.* This realization helped me take a sharp turn in a new direction and finally address emotional baggage ("stress") in my body. It was life-changing.

By clearing blocks using these powerful techniques, we are able to release all that no longer serves us, and become who we really are, instigating the body's powerful self-healing ability.

### **Are you ready to heal?**

If you are ready to join thousands of others whose lives have been changed by Amy's healing approach, scroll up and buy this book today. These gentle yet effective techniques take only a few minutes to learn and can be used instantly.

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#### **How to Heal Yourself When No One Else Can: A Total Self-Healing Approach for Mind, Body, and Spirit By Amy B. Scher Bibliography**

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### Editorial Review

#### About the Author

**Amy B. Scher** is a leading voice in the field of mind-body-spirit healing. As an energy therapist, Scher uses energy therapy techniques to help those experiencing illness and those in need of emotional healing. She has been featured on healthcare blogs, CNN, *Curve* magazine, *Elephant Journal*, and the *San Francisco Book Review*. Scher was also named one of *Advocate's* "40 Under 40" for 2013. She lives in California and can be found online at [AmyBScher.com](http://AmyBScher.com).

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