

The Top 10 Therapeutic Benefits of Weighted Blankets! (Paperback)



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Reviews

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(Prof. Dario Lang)

THE TOP 10 THERAPEUTIC BENEFITS OF WEIGHTED BLANKETS! (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The top 10 Therapeutic Benefits of Weighted (Anxiety) Blankets, provides all a natural alternative to medication without any harmful side effects. When you combine the use of weighted blankets, you will notice the affects almost immediately. The origin of weighted blankets go back a long time but it if often over looked as a form of therapy.Until Now! This book will show you the wonders it can provide to the body. Also included is the author s emotional story of how she found these blankets to cure her daughter s severe anxiety as well as her own. She also provides mind and body connection techniques and explains why your self-image is holding you back at reaching your goals. The book provides a step by step formula to changing your self-image and becoming the best version of yourself. Taking a new attitude towards your anxiety will increase your awareness of how good health affects all of us, and that choice is built upon itself daily. In turn, your life will become more manageable, happier, and you will become a better person.



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