



Sacred Space: M.E./C.F.S., Depression, Anxiety and Stress - A Guide to Healing and Recovery

Elizabeth Bailey

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Sacred Space is an enlightening and empowering self-help guidebook for the golden age of the new millennium. This uplifting book includes the story of the journey and life programme that enabled both Elizabeth Bailey and her son, to cope with and recover from M.E./CFIDS. The book provides a wealth of advice for anyone wishing to balance their energy levels, and lead a better quality of life. In her book Elizabeth shares her experiences and the valuable lessons she has learned. The book provides important guidance and encouragement on a moment-to-moment, day-to-day basis towards healing and recovery. In Sacred Space Elizabeth offers practical advice on relaxation, meditation, nutrition, suggestions for improved sleep patterns, gentle exercise, and an abundance of helpful tips on how to cope with the psychological effects of healing and recovery. If you are looking for a book to help you stop struggling and rushing around with the demands of life in the 21st Century, and to focus on gently listening to your inner-self and body rhythms, then this book is for you. 'Its valuable advice holds the power to transform your life!'

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