



Heal Your Mind: Your Prescription for Wholeness through Medicine, Affirmations, and Intuition

By *Mona Lisa Schulz M.D. Ph.D., Louise Hay*

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Many of us grapple with how to stay happy, calm, and focused in a world that seems to get more complex by the minute. How do we keep our wits about us, our mood stable, and our memory intact when our brains and bodies are bombarded with information and influences from every side? This one-of-a-kind resource combines cutting-edge science with compassion and wisdom to offer answers we can really use.

Heal Your Mind continues the three-pronged healing approach that Dr. Mona Lisa Schulz and Louise Hay pioneered together in *All Is Well: Heal Your Body with Medicine, Affirmations, and Intuition*. Here, it's applied to aspects of the mind ranging from depression, anxiety, and addiction to memory, learning, and even mystical states. You'll learn what's going on in your brain and body when:

- You feel sad, angry, or panicked
- An addictive substance or behavior has hold of you
- You have trouble focusing, reading, or remembering
- A past trauma is clouding your mind in the present
- An emotional state is a clue to a physical ailment
- And more

And in each chapter, you'll get a "virtual healing experience" through case studies in the All Is Well Clinic, where Dr. Mona Lisa uses medical intuition to pinpoint issues in a wide range of prototypical client histories and she and Louise offer solutions and affirmations to help restore well-being.

Today, the "pill-for-every-ill" approach is so prevalent that we may think our minds and bodies need an endless array of expensive, ever-changing pharmaceutical interventions. In truth, medicines are just one approach to healing the mind; nutritional supplements give us another important way to support

mind-body health; and affirmations, as well as various forms of therapy, can restore us to balance by changing the way we think. Heal Your Mind puts all these tools at your disposal to help you choose your own path toward wholeness.

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Heal Your Mind: Your Prescription for Wholeness through Medicine, Affirmations, and Intuition

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Editorial Review

Review

“*Heal Your Mind* is a much-needed guidebook to understanding the relationship between your mind and your health. It is a treasure chest of insights that merge wisdom and essential health information. And, it’s a great read.”

— Caroline Myss, *New York Times* best-selling author of *Anatomy of the Spirit* and *Defy Gravity*

“Holism, as detailed in this wonderful text, represents an empowering platform from which we can truly embrace the underpinnings of our motivations, emotions, and perceptions of the world around us. *Heal Your Mind*’s expansive, far-reaching, and unrestrained perspective compassionately guides the reader with an actionable plan that will immediately help you reframe your sense of what it means to be at peace.”

— David Perlmutter, M.D., *New York Times* best-selling author of *Grain Brain* and *Brain Maker*

“As a psychiatrist, I am thrilled when a book that can heal the mind becomes available. In their brilliant new work, Mona Lisa Schulz and Louise Hay blend their wisdom and expertise to offer profound healing advice for both mind and body. This book is truly a treasure, combining elements of modern brain chemistry and nutrition with intuitional insight and affirmations that can help to rewire and restore brain function. I highly recommend *Heal Your Mind*.”

— Brian L. Weiss, M.D., *New York Times* best-selling author of *Many Lives, Many Masters*

“*Heal Your Mind* is a wonderful, integrative approach for anyone who wants to use the power of their spirit to better their brain.”

— Mike Dow, M.D., *New York Times* best-selling author of *The Brain Fog Fix*

“Dr. Mona Lisa Schulz lays out a road map in a profoundly powerful and simple way on how to heal your mind, your body, and your soul. Anyone who takes the journey in reading this marvelous book and applies the practical tools will surely transform themselves and their life. *Heal Your Mind* is the manual for anyone who’s on the path to wholeness. I hope you enjoy it as much as I did.”

— Dr. Joe Dispenza, *New York Times* best-selling author of *You Are the Placebo*

“If they gave Nobel Prizes in spirit, mind, and body work, Dr. Mona Lisa Schulz would be awarded one. She is an expert in giving us the latest research, and part of her brilliance and credibility comes from her own traumas and life experience. This book is witty and easy to read and understand. I encourage you to allow Dr. Schulz to be your partner in your quest for healing and wholeness.”

— Naomi Judd, award-winning performer and *New York Times* best-selling author

“Welcome to the All Is Well Clinic presented by Mona Lisa Schulz and

Louise Hay in their brilliant new book! Come inside and let *Heal Your Mind*

help you to heal your life.”

— Robert Holden, author of *Life Loves You*, co-authored with Louise Hay

About the Author

Dr. Mona Lisa Schulz is an internationally renowned expert in Medical Intuition and Mind-Body Medicine. She has authored and co-authored books published in 27 languages, including *All Is Well* with Louise Hay. She is also the author of *The Intuitive Advisor*, *The New Feminine Brain*, and *Awakening Intuition*. She holds an M.D., a board certification in psychiatry, and a Ph.D. in brain science. She lives between Yarmouth, Maine, Tennessee, and Florida with her four cats and assorted wildlife. Website: www.drmonalisa.com

Louise Hay, author of the international bestseller *You Can Heal Your Life*, is a metaphysical teacher and lecturer with more than 50 million books in print worldwide. For over 30 years, she has been helping people discover and implement their full potential for personal growth and self-healing. Website: www.louisehay.com

Users Review

From reader reviews:

Jennifer Byler:

The book *Heal Your Mind: Your Prescription for Wholeness through Medicine, Affirmations, and Intuition* can give more knowledge and also the precise product information about everything you want. Why then must we leave a very important thing like a book *Heal Your Mind: Your Prescription for Wholeness through Medicine, Affirmations, and Intuition*? Wide variety you have a different opinion about book. But one aim that book can give many facts for us. It is absolutely suitable. Right now, try to closer with the book. Knowledge or facts that you take for that, you are able to give for each other; you can share all of these. Book *Heal Your Mind: Your Prescription for Wholeness through Medicine, Affirmations, and Intuition* has simple shape but the truth is know: it has great and large function for you. You can seem the enormous world by available and read a guide. So it is very wonderful.

Edna Kissel:

In this 21st century, people become competitive in every way. By being competitive now, people have do something to make these individuals survives, being in the middle of typically the crowded place and notice by means of surrounding. One thing that often many people have underestimated the item for a while is reading. Yes, by reading a e-book your ability to survive raise then having chance to endure than other is high. To suit your needs who want to start reading some sort of book, we give you that *Heal Your Mind: Your Prescription for Wholeness through Medicine, Affirmations, and Intuition* book as basic and daily reading e-book. Why, because this book is more than just a book.

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Eulalia Perry:

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