



Heal your Life: Your Heart holds the Key to greater Well-being and fuller Life

Florence Ukpabi

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Discover what traditional and alternative medicine have left out of the healing equation for autoimmune, stress-related and mental health disorders.

After six years of not being taken seriously by traditional doctors and failing to make progress through alternative means Florence was led down a totally different direction. Combining her background in psychology and the revelations she was given by God, she began to learn how to move past illness into a place of life. This book explores the psycho-spiritual lessons she has learnt to move her from a place of praying for death because of the agony of her symptoms to a state where she is now on the lowest dose of medication and is now able to support and bring hope to others.

- Discover the root of mental, emotional and physical health concerns
- Learn how to break the cycle
- Empower yourself, and your children too
- Practice healthy habits that increase well-being
- Walk in greater faith and hope for healing
- Unlock the potential of an amazing life

Testimonials and Reviews

Florence cannot solve all of your problems for you, but in her book, *Heal Your Life*, she will encourage and compel you to grab the bull by the horns yourself via serious introspection. *Heal Your Life* is an incredibly validating read for anyone suffering from debilitating emotional wounds, yet affirming in its resounding cry that this need not be the end of the story. The compassionate author has done the hefty lifting in researching the science behind the psychological "why's" of cyclical trauma, but follows it with clear, practical solutions for coping and overcoming such pain that even the layman can understand and apply. This has been helpful to me not only as I consider my past, but as I parent my own children and strive to help them guard their own hearts as they navigate the world around them.

M. White

Achama's book is an uplifting encouragement to those of us who struggle with any kind of depression, self-doubt or illness. The book is a relatively quick read with colorful diagrams and bible verses to break up and enhance the text. Additionally, she gives personal relevant examples that are easy for any reader to relate to. Her final paragraph about colour is a wonderful way to end the book, leaving the reader with an image to remember her wise words. I highly recommend this book to any reader!

S. White

This book is a quick read but packed with knowledge. If you have been struggling to get well and have tried everything else out there, pick up this book!!! You may just learn what is really missing from your healing journey. I enjoyed reading this book.

J. Simms

God has given you the power and the opportunity to begin healing your life today, this book has been written to support you in doing just that. What's stopping you? Start your journey today.

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From reader reviews:

Asia Haynes:

As people who live in the particular modest era should be up-date about what going on or details even knowledge to make them keep up with the era that is always change and move ahead. Some of you maybe will certainly update themselves by reading through books. It is a good choice to suit your needs but the problems coming to anyone is you don't know what kind you should start with. This Heal your Life: Your Heart holds the Key to greater Well-being and fuller Life is our recommendation so you keep up with the world. Why, because this book serves what you want and wish in this era.

Kimberly Dyson:

Do you have something that you want such as book? The guide lovers usually prefer to decide on book like comic, quick story and the biggest you are novel. Now, why not attempting Heal your Life: Your Heart holds the Key to greater Well-being and fuller Life that give your satisfaction preference will be satisfied simply by reading this book. Reading behavior all over the world can be said as the opportunity for people to know world far better then how they react in the direction of the world. It can't be claimed constantly that reading addiction only for the geeky individual but for all of you who wants to be success person. So , for all you who want to start studying as your good habit, it is possible to pick Heal your Life: Your Heart holds the Key to greater Well-being and fuller Life become your own personal starter.

Lydia Baum:

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Rex Vogler:

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offer you world throughout ten or fifteen small right but this e-book already do that. So , this really is good reading book. Hey there Mr. and Mrs. occupied do you still doubt that will?

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