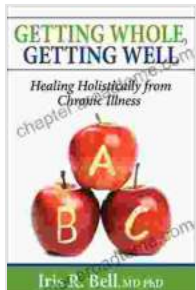


Getting Whole Getting Well: A Path to Wholeness and Well-being



Getting Whole, Getting Well: Healing Holistically from Chronic Illness by Michael Rinaldini

★★★★★ 5 out of 5

Language	: English
File size	: 1308 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 176 pages
Lending	: Enabled



Are you ready to embark on a transformative journey towards greater health, happiness, and fulfillment?

In *Getting Whole Getting Well*, renowned holistic healer and author Dr. Suzanne Choate shares her groundbreaking approach to holistic healing that has helped countless individuals achieve lasting well-being.

Drawing on the ancient wisdom of Ayurveda and modern scientific research, Dr. Choate guides you through a comprehensive and integrative approach to healing that addresses the whole person—body, mind, and spirit.

This book is not just a collection of abstract theories or empty platitudes. It is a practical guide filled with actionable tools and insights that you can

start applying today to improve your life.

You will learn how to:

- Identify and address the root causes of your health issues
- Create a personalized healing plan tailored to your unique needs
- Incorporate healthy habits into your daily routine
- Develop a strong and supportive self-care practice
- Cultivate a sense of inner peace and well-being

Whether you are struggling with a chronic illness, seeking to improve your overall health, or simply desiring a more enriching and fulfilling life, *Getting Whole Getting Well* offers a path forward.

This book is your invitation to embark on a journey of transformation that will lead you to a place of greater health, happiness, and wholeness.

Free Download your copy of *Getting Whole Getting Well* today and begin your journey to a more vibrant and fulfilling life.

Free Download Now

Dr. Suzanne Choate is a renowned holistic healer and author with over 20 years of experience in the field of holistic medicine. She is the founder of the Choate Healing Center, a leading center for holistic healing in the United States.

Dr. Choate is a pioneer in the field of holistic healing and has developed a unique approach to healing that integrates the wisdom of Ayurveda with modern scientific research.

She is the author of several books on holistic healing, including *Getting Whole Getting Well* and *The Path to Wholeness*.

Dr. Choate is a passionate advocate for holistic healing and believes that everyone has the potential to achieve lasting health and well-being.

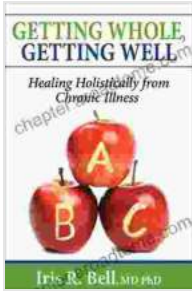
"*Getting Whole Getting Well* is a must-read for anyone who is looking to improve their health and well-being. Dr. Choate's approach to holistic healing is comprehensive and effective, and she provides practical tools that you can start using today to improve your life." - **Dr. Mark Hyman, author of *The Blood Sugar Solution***

"Dr. Choate is a brilliant healer and teacher. Her book, *Getting Whole Getting Well*, is a treasure trove of wisdom on holistic healing. I highly recommend this book to anyone who is seeking a path to greater health and well-being." - **Deepak Chopra, author of *The Seven Spiritual Laws of Success***

"*Getting Whole Getting Well* is an inspiring and practical guide to holistic healing. Dr. Choate's insights and tools will help you to achieve greater health, happiness, and fulfillment." - **Dr. Andrew Weil, author of *8 Weeks to Optimum Health***

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