



# How to Be Well: Use Your Own Natural Resources to Get Well and Stay Well for Life

*Abby Wynne*

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## **How to Be Well: Use Your Own Natural Resources to Get Well and Stay Well for Life** Abby Wynne

In her work with over 500 clients, shamanic psychotherapist **Abby Wynne** noticed repetitive patterns of stress in her clients that, once healed, created a huge space for wellness, happiness, peace, and empowerment. In *How to Be Well*, Abby offers her best methods for readers to take their wellbeing into their own hands. Through simple explanations and highly practical exercises, readers will receive a greater awareness of themselves and will learn how to actively work with heart, mind, and soul to create deep transformational change.

In this book, Abby teaches how to create stronger boundaries, heal relationships, and release stress and anxiety. As a result of a decrease in stress levels, readers who complete the exercises in this book may also experience healing of physical pain, feel more present in their lives, and obtain a stronger feeling of peace and stability in the world.

By going through the healing techniques in this book, readers will receive a substantial improvement in their wellness and have the tools they need to maintain their wellbeing for the rest of their lives.

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