

The Clarity Cleanse 12 Steps To Finding Renewed Energy Spiritual Fulfilment And Emotional Healing By Dr Habib Sadeghi Gwyneth Paltrow

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"Recensione Trust deeper. These two words, the journey to understanding them, and the man who taught them to me have changed my life. Dr. Sadeghi's **THE CLARITY CLEANSE is essential reading** for anyone who has felt lost or broken (in other words, for everyone) and wanted to heal into a kinder, stronger, and braver person. **I cannot recommend it highly enough** (Anne Hathaway, actress)Dr. Sadeghi has helped me understand a path of clarity in my life. He's supported me in bridging the connection between mind and body work. I hope others will find healing in his compassionate teachings (Jessica Chastain, actress)Dr. Sadeghi simply saved my life. His rigorous honesty and compassion coupled with his tremendous skill makes him the most valuable voice in medicine. He is direct in both his vision and guidance. **This book will give you the tools to both simplify and amplify your life for the better.** Much like treatment with the man himself, this program will leave you feeling both healed and loved. Oh, and the best part: it's a cleanse with no yucky shakes! (Jenni Konner, director, writer, and producer of Girls)THE CLARITY CLEANSE - **this is a game changer!** If you're ready to stop going around in circles you have found your map. THE CLARITY CLEANSE is essential for de-cluttering your emotional and physical body, giving you more conscious control of your life and a taste of what it is to really live healthy, happy, and free! (Demi Moore, actress)Habib Sadeghi offers a new perspective on illness and disease and the pitfalls and obstacles that lie in the path of healing. THE CLARITY CLEANSE is **a fresh and innovative approach to what we can do to live healthier and happier lives** (Tim Robbins, actor) Descrizione del libro **12 Steps to Finding Renewed Energy, Spiritual Fulfillment, and Emotional Healing Gwyneth Paltrow's spiritual guru presents a 90 day pathway to clear the clutter from your emotional life and find clarity in your mind, body and spirit.** Dalla quarta di copertina **THE CLARITY CLEANSE is a liberating twelve-step guide to recognising the emotional issues that hold us back, with strategies to increase our energy and help us reach our potential by the health and spiritual advisor to Gwyneth Paltrow.**Based on the powerful mind-body strategy Dr Habib Sadeghi developed to help himself recover from cancer more than twenty years ago, **THE CLARITY CLEANSE** will enable you to clear your mind and help your body heal, turning obstacles into energizing

opportunities. You will learn how to: Create a clear intention Purge negative emotions Practice compassionate self-forgiveness Refocus negative energy to move beyond doubt and fear Ask the kind of questions that will help your relationships

THE CLARITY CLEANSE includes Dr Sadeghi's Intentional Unsaturation Diet, which supports emotional cleansing by removing the residue of repressed negative emotions. The diet is designed to reduce congestion in the liver, gallbladder, lungs, kidneys and pancreas [en dash] the organs most affected by feelings such as resentment and anger. Following the steps in this book will help you to achieve a sense of peace and control, raise your self-esteem and assert yourself in new ways to achieve positive and lasting change. Then, finally, you will be able to express your true, authentic self.

'Essential reading for anyone who has felt lost or broken . . . I cannot recommend it highly enough' Anne Hathaway 'A fresh and innovative approach to what we can do to live healthier and happier lives' Tim Robbins 'A game changer!' Demi Moore

L'autore **Dr. Habib Sadeghi, DO**, is the co-founder of Be Hive of Healing, an integrative health center based in Los Angeles. He provides a revolutionary healing protocols in integrative, osteopathic, anthroposophical, environmental, and family medicine, as well as clinical pharmacology. He served as an attending Physician and Clinical Facilitator at UCLA-SM Medical Center and is currently a Clinical Instructor of Family Medicine at Western University of Health Sciences. Dr. Sadeghi served as an on-air health expert for FOX News and Geraldo at Large and is a regular contributor to Goop. Dr. Sadeghi wrote the foreword to Gwyneth Paltrow's *It's All Good* and is the author of *Within: A Spiritual Awakening to Love & Weight Loss*, (published by Premier Digital Publishing, then Open Road) in 2014."

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The clarity cleanse is a personalized 12 step approach to clearing out mental clutter to help us focus on the

changes we need to make to live a more peaceful and happier life based on the powerful mind body strategy dr habib sadeghi developed to help himself recover from cancer more than, 12 steps to finding renewed energy spiritual fulfillment and emotional healing the clarity cleanse gwyneth paltrow dr habib sadeghi sphere des millie, the clarity cleanse hardcover 12 steps to finding renewed energy spiritual fulfillment and emotional healing by habib sa.

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