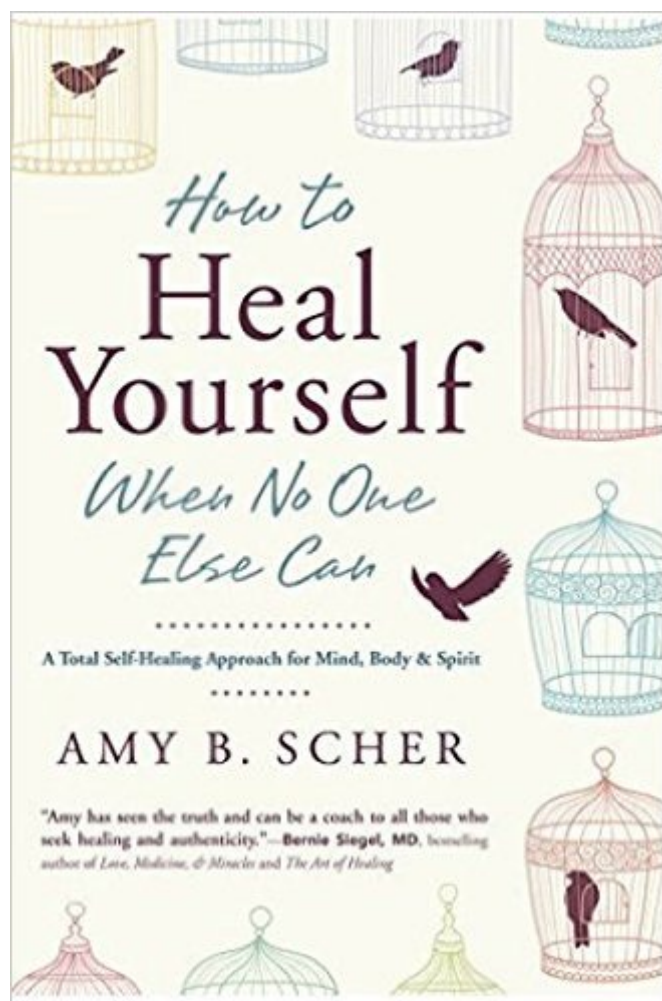


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How To Heal Yourself When No One Else Can: A Total Self-Healing Approach For Mind, Body, And Spirit



Synopsis

"Amy Scher has penned a remarkable book about the pivotal role of the body, mind, and spirit in attaining true and complete healing."--SANJIV CHOPRA, MD MACP, Professor of Medicine at Harvard Medical School, bestselling author of *Brotherhood* with Deepak Chopra *Be You. Be Happy. Be Free.* Using energy therapy and emotional healing techniques, *How to Heal Yourself When No One Else Can* shows you how to achieve complete and permanent healing by loving, accepting, and being yourself no matter what. Energy therapist Amy Scher presents an easy-to-understand, three-part approach to using energy healing for removing blockages, changing your relationship with stress, and coming into alignment with who you truly are. After overcoming a life-threatening illness, Amy had an epiphany that healing is more than just physical: "If treating the body alone doesn't solve the problem, then the body alone isn't what created it." Her dramatic story serves as a powerful example of how beneficial it is to address our emotional energies, particularly when nothing else works. Discover areas of imbalance you might not even know you have and easy ways to address them on your healing journey. This book addresses the 4 main areas of imbalance in the mind-body-spirit: Unprocessed experiences, Harmful beliefs, Unhealthy emotional patterns, Fear (often described as anxiety). Whether you are experiencing physical symptoms and chronic illness or are just feeling lost, sad, full of anxiety, or emotionally unbalanced, this book will show you how to use intuitive self healing to change your life. Praise: "[Amy Scher is] an inspiration, not just because she teaches us how to take healing into our own hands, but because she's living proof that it works."--PAM GROUT, #1 New York Times bestselling author of *E-Squared* and *E-Cubed* "Amy has seen the truth and can be a coach to all those who seek healing and authenticity." -BERNIE SIEGEL, MD bestselling author of *Love, Medicine and Miracles* and *The Art of Healing* "Amy Scher has penned a remarkable book about the pivotal role of the body, mind, and spirit in attaining true and complete healing. There is much wisdom in this book, written with exceptional clarity, love, and wisdom."--SANJIV CHOPRA, MD MACP, Professor of Medicine at Harvard Medical School, motivational speaker, and bestselling author of *Brotherhood* with Deepak Chopra "Amy Scher takes you on a guided journey to resolve emotional, physical, and energetic blockages that get in the way of true healing. You will feel like you have a loving expert coach by your side along the way."--HEATHER DANE, co-author with Louise Hay of *Loving Yourself to Great Health* A Note From the Author: *How To Heal Yourself When No One Else Can* was born from my own healing journey of over ten years. When nothing worked to heal me from a list of chronic illnesses and conditions including Lyme disease, chronic fatigue, autoimmune disease, and anxiety, I finally had

an epiphany: If treating the body alone doesn't solve the problem, then the body alone isn't what created it. This realization helped me take a sharp turn in a new direction and finally address emotional baggage ("stress") in my body. It was life-changing. By clearing blocks using these powerful techniques, we are able to release all that no longer serves us, and become who we really are, instigating the body's powerful self-healing ability. Ready to Heal? If you are ready to join thousands of others whose lives have been changed by Amy's healing approach, scroll up and buy this book today. These gentle yet effective techniques take only a few minutes to learn and can be used instantly.Â

Book Information

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Customer Reviews

This book is perfect for me. I was sick with who-knows-what for nearly 7 years, much of it bedridden and housebound. I was given various wastebasket diagnoses that helped none because there were no treatments. My family spent a lot of money trying to get me healthy. Eventually I went to alternative medicines and protocols for the diagnoses' I was given. A lot of the techniques Amy Scher shares in her book I am familiar with and attribute to getting me up and out of bed, and back to work using my Master's degree--for which I am very grateful! I still don't have motivation or energy past working a flexible schedule--I still feel tired and depressed, lacking joy in my life as I remember it. I don't know if I'm "stuck on sick" or still sick. I'm still in the process of devouring the book and checking out what Amy has to offer on-line, but listening to an audio online to demonstrate EFT & other practices already has me feeling better! A lot of techniques and philosophies that I

refused to work beyond trying once I am using in her unique way, and it is really clicking. I have hope. I know the healing modalities she used work--they worked for me enough to get me out of bed and working. The way the book explains why they work, when to use them, using them together--well, it's really resonating. All my favorite authors and books are referenced and their information is put together in ways I wasn't able to blend on my own. I wasn't far into the book when I read something she wrote about being unapologetically who you are and I burst into tears. My reaction surprised me but it makes sense. She hit the root of the psychological/spiritual meaning of my illness. Yes, meaning. Until now it was so hard for me not to look at it like a cruel joke. I hope to write another review when I finish the book. I suspect it will be one that I return to reference again and again.

Oprah -- I've found your next Book Club Book! Amy Scher has taken the large and sometimes overwhelming world of energy medicine and healing and digested it into a book that is informative, inspiring and usable. This isn't one of those books that will sit on my shelf -- it is one that I will refer to often and already has pages underlined, pages dog-eared and favorite quotes on post-its by my desk. It is a great book to share with friends and discuss together. And -- it is not for people only with a chronic illness -- this book is for EVERYONE to (as Amy says) "Be You, Be Happy, Be Free!" -- who isn't looking for that in their life? Bottomline: READ this book -- and USE the easy-to-use techniques Amy recommends -- it is the KEY to unlocking a life full of energy and ease!!

I've been a fan of Author Amy Scher's work for several years and absolutely love this book. The author's voice is calm and kind, wise and empowering. She makes you feel like you can really do it with her easy-to-follow steps. And I really appreciated how it's broken down into intuitive chapters so that you can go straight to what you need. I find myself referring back to it as I go through different things. This is a great book for anyone dealing with health challenges, but I also feel like there's great value for everyone get rid of stuck energy and old hurts that are holding them back (so...basically, ALL OF US!) empowering anyone to not only experience great health, but also to live their fullest, happiest, and yes, healthiest lives.

Amy is the real deal. She has traversed the underworld of chronic illness and emerged healthy and whole. She totally "gets" it and healed herself through hands on self care techniques and by being authentically who she really is. (A key message of this book: be 100% yourself.)What I love about this book is that she offers simple techniques that anyone can do. And while it may be beneficial to

work with a professional at some point on the journey, there truly is so much that we can do to heal ourselves and it doesn't have to be complicated, difficult or "perfect". This book is not just a one time read, but more of a reference guide which can be referred to again and again as you incorporate the techniques. It's also refreshing to see how Amy incorporates many different teachings and techniques and I believe that makes her approach more effective. In addition, she has a great website, FB page and you tube videos to support her work - which is helpful, particularly if energy work is new to you. Highly recommend for anyone who has "tried everything" or for issues that seem incurable or impossible to heal. Of course, these techniques can be used for anyone and anything if you are willing to be open minded. Bravo to Amy for encouraging folks to take their healing into their own hands!

I can't put this book down! I love Amy's honest, conversational style of writing which makes the assimilation of the information and exercises/techniques so easy. This book will bring energy medicine and energy psychology to the forefront. Amy teaches proven techniques in the book vital for regaining wellness. Regardless of any diagnosis, trauma, or issue you desire to overcome, this book delivers what it promises.

OMG! I love the new book! So, I read it, reread it and then took notes and stuff on it. It's fantastic! I had been playing around with a way to use a technique that releases trapped emotions that would integrate with a way to also remove limiting beliefs and you have put it all together seamlessly! thank you thank you thank you!!! If you are interested in some deeper healing, please get this book. It simplifies energy therapy into one system, the only one you will need.

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