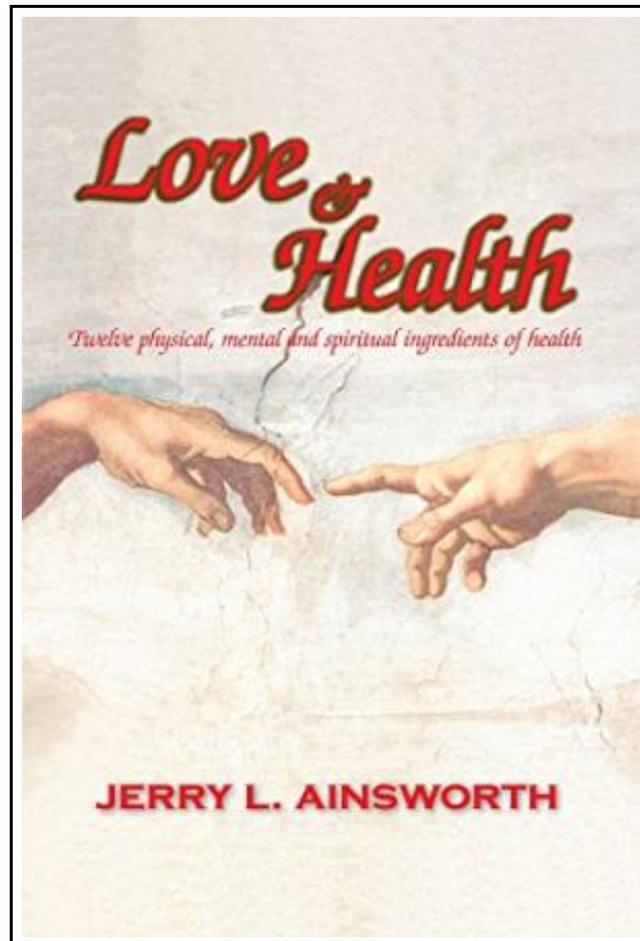


Love and Health: Twelve Physical, Mental and Spiritual Ingredients of Health (Paperback)



Filesize: 5.98 MB

Reviews

It is in a single of the most popular publication. It is loaded with wisdom and knowledge I am effortlessly will get a delight of studying a published book.

(Aisha Swift)

LOVE AND HEALTH: TWELVE PHYSICAL, MENTAL AND SPIRITUAL INGREDIENTS OF HEALTH (PAPERBACK)



Trafford Publishing, Canada, 2006. Paperback. Book Condition: New. 229 x 155 mm. Language: English . Brand New Book ***** Print on Demand *****.Love and Health is a classic account of good triumphing over evil, of being given a lemon and making lemonade. It is an intimate sharing of a success story that started with anger and ended in love. Indeed, it is the tale of a personal defeat that developed into a program of love so timely and unique that for one bright shining moment it profoundly changed a university and a hospital and the people who worked there. Dr. Jerry Ainsworth was an administrator at his university when he became embroiled in a conflict with his administration. The battle became so intense and hostile that he was relieved of his administrative post and assigned a menial, punitive position. This dismissal angered him to such a degree that he started a movement to oust the president, or, if not to get rid of him, at least to embarrass him or weaken him politically. After months of seething with anger, he developed a life-threatening medical condition that doctors told him was a direct result of anger and could soon cause his death. Astonished, he delved into existing research literature to determine if anger could actually kill. Not only did he learn that it could, he was equally surprised to discover evidence confirming the healing effects of love and of similar positive emotions. Dr. Ainsworth immediately incorporated these findings into his own life, alleviating all symptoms of anger and pioneering the development of an undergraduate college course on love and health. Although colleagues were initially apprehensive, apathetic, and even pessimistic toward such an idea, student reactions were exactly the opposite. His classes were so successful that he started a graduate course along...

 [Read Love and Health: Twelve Physical, Mental and Spiritual Ingredients of Health \(Paperback\) Online](#)

 [Download PDF Love and Health: Twelve Physical, Mental and Spiritual Ingredients of Health \(Paperback\)](#)

Other Kindle Books



No Friends?: How to Make Friends Fast and Keep Them (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends ? Are you tired of not having any...

[Read Book »](#)



History of the Town of Sutton Massachusetts from 1704 to 1876 (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This version of the History of the Town of Sutton Massachusetts...

[Read Book »](#)



Never Invite an Alligator to Lunch! (Paperback)

Lucky Me Publishing, LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. NEVER Invite an Alligator to Lunch! delivers a fun,...

[Read Book »](#)



To Thine Own Self (Paperback)

Dog Ear Publishing, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Carefree and self assured Carolyn loves her life. Her uncle runs...

[Read Book »](#)



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback)

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From a certified teacher and founder of an online tutoring website-a simple and...

[Read Book »](#)