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Sweet Healing - A Whole Health Journey (Paperback)

By Michael Bedar

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.On the verge of a blissful retirement, Gene Curtin suddenly faces an unexpected diagnosis of type 2 diabetes. While he greatly appreciates the love and support of his wife, Hope, and college-aged son, Jim, he can't seem to shake the mounting shame and despair that threaten to engulf him. After a timely encounter with his mysterious new neighbor, however, strange mini-challenges start cropping up in Gene's life that provoke his dormant sense of adventure. As he strives to navigate these hurdles, Gene begins to discover health and science secrets that may dramatically transform his future if he can change his daily habits. Providing seven foundational tips for overcoming health obstacles, Sweet Healing takes you on an inspiring whole health journey that frees you to enjoy every day of your life. Sweet Healing rocks! It's the first tool of its type—a gripping read of fiction that will leave you inspired, motivated, and hungry for a healthier lifestyle. Devour this book and share it with your friends now! -Cathy Silvers, author and actor from...



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