



# How to Heal Your Body: With Your Mind

*Ilan Bendelman*

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# How to Heal Your Body: With Your Mind

*Ilan Bendelman*

**How to Heal Your Body: With Your Mind** Ilan Bendelman

Your mind is more powerful than you have been led to believe.

Join me as I guide you through an interactive step-by-step process to healing everything from the shoulder injury you got at the gym, to the chronic back pain that never seems go away. Everything can be healed, without exception.

It's time you took healing into your own hands.

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