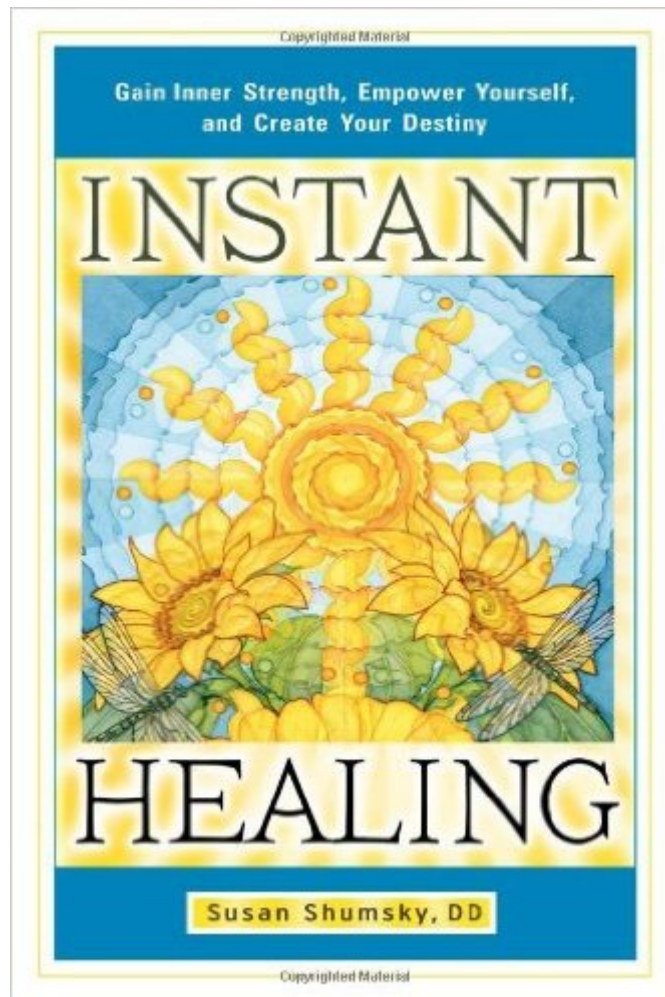


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# Instant Healing: Gain Inner Strength, Empower Yourself, And Create Your Destiny



## Synopsis

"Instant Healing can help you heal yourself, your family, friends, clients, community, and the entire planet. I have never seen a more complete affirmative prayer book."--Marci Shimof, #1 New York Times bestselling author of *Happy for No Reason*, *Love For No Reason*, and *Chicken Soup for the Woman's Soul*"Shumsky has been there. That's what makes her a great teacher."--Larry Dossey, best-selling author of *Healing Words*"For those who use affirmations to alter their feelings, this book will provide many and give comfort to your suffering."--Fred Alan Wolf, PhD, aka Dr. Quantum, author of *Mind Into Matter* and *Dr. Quantum Presents: Meet the Real Creator: You*"As you read and use this book, my hope is that you get involved and make it your own by practicing the healing prayers, which will help you grow spiritually and transform your life in positive, powerful ways."--Dannion Brinkley, best-selling author of *Saved by the Light*In a world of chaos, uncertainty, and malaise, we can no longer depend on the institutions we counted on to offer security and hope. With increasing anxiety and a sickening fear of the future, can we reverse the downward spiral of turmoil and frustration? Instant Healing provides a powerfully positive solution. By using simple prayers and affirmations, you can experience immediate healing, comfort, and solace. You can gain self-empowerment, inner strength, wellness, and abundance beyond your dreams. Instant Healing provides 243 healing affirmations and prayers, along with instructions on how to use them. These methods are simple and effective, and require no background or training. Just read them audibly, with conviction, and in a clear voice. Then let go and allow miracles to happen. The field-proven, non-denominational, universal methods of spiritual healing in this book have changed the lives of millions of people worldwide.

## Book Information

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## Customer Reviews

Instant Healing - Gain Inner Strength, Empower Yourself, and Create Your Destiny by Susan Shumsky, DD provides practical strategies to resolve undue attachments, co-dependencies, blockages and negative vibrations. The author seeks to uplift readers so that they can improve relationships, attract prosperity to themselves and achieve success. Early in the book, the author encourages readers to conceptualize a clean slate so that they can let go of the past and fill their minds with new experiences. At bottom, release from past attachments is a condition precedent to moving forward. Norman Vincent Peale stated something similar: "Change your thoughts and you change your world." According to Shumsky, discovering your true purpose in life and manifesting this purpose in a positive way is the key to abundance that attracts others to you. Similarly, a person can find peace by welcoming positive, peace-loving thoughts. These thoughts include tolerance, acceptance, patience, modesty, humility, inner strength, comfort, inner strength, kindness, reverence and honor. Shumsky provides a methodology for achieving release from negativity; such as, anger, sadness, guilt, depression, poverty, fear and other classic negations. In place of these many negations, the author provides positive correlates like happiness, joy, love, self-worth, abundance, confidence, goodwill, altruism and many others.

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