



## True Healing: Spiritual Medicine for Every Illness -- A Mind-Body Guide for Managing Stress, Trauma, Disease, and Pain

By Alison Anton

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**True Healing: Spiritual Medicine for Every Illness -- A Mind-Body Guide for Managing Stress, Trauma, Disease, and Pain** By Alison Anton

**Winner of 3 book awards on body-mind healing! Audio meditation downloads included.** Illness, stress, trauma, and chronic pain don't have to be obstacles to personal growth and spiritual transformation. They are precious opportunities, gateways for the True Healing that Spirit provides. Spirit is the highest aspect of your being and can return you to wholeness, to your divine nature.

In this warmly supportive spiritual guide, renowned medical intuitive Alison Anton helps you take positive steps toward authentically healing your illness -- body, mind, soul, and Spirit.

Featuring an easy, five-step healing meditation that connects deep-rooted spiritual principles with mind-body medicine and energy healing, **True Healing** teaches you how to:

- Treat illness as your spiritual path
- See yourself as whole, no matter how sick or broken your body may feel
- Be "in the now" of your present experience
- Find the guiding hand of Spirit underneath your pain or symptoms
- Experience your body as a divine container for Spirit

By accessing the soul's wisdom through the felt sense of the body, you will learn to access your own intuitive skills and to hear the inner call for love under your pain, symptoms, or the intense emotions that arise upon being diagnosed with chronic illness.

Alison Anton translates her twenty years as a clairvoyant medical intuitive, ordained minister and spiritual counselor into this spiritual healing self-help handbook for seekers who struggle with symptoms of ANY disease or medical condition. Dotted with her personal challenges and successes as a recovering Lyme Disease patient, and her vivid, real-life stories as a clairvoyant healer, Alison Anton will lead you on a colorful journey in how to heal yourself as a

Spirit in a physical body.

Free True Healing Meditation audio downloads included with purchase (at TrueHealingBook.com)

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### Editorial Review

#### Review

"*True Healing* is a brilliant and beautifully written exploration of sickness as a sacred passage. Drawing on her own descent into the depths of a seemingly incurable condition, Alison Anton shares her discovery that bodily illness is the gate to the soul, and that the soul is the source of all true healing. A powerful read for those interested in the spirituality of the body, and sickness as a spiritual journey."

- **Reginald A. Ray**, author of *Touching Enlightenment* and the CD series, *Your Breathing Body*, and Spiritual Director of Dharma Ocean Foundation

"Alison Anton's *True Healing* will set anyone who suffers with chronic symptoms on an inner path to lasting relief. This book incorporates meditation techniques and authentic examples from Alison's own life that help bring about the desired spiritual experience."

- **David Hoffmeister**, author of *Unwind Your Mind Back to God* and *Awakening through A Course In Miracles*

"*True Healing* is just that, a deep and realistic look at what it takes to heal. Alison Anton approaches healing from one of the most powerful places possible--having to overcome failure, illness and expectation. A must read for those of us who are not perfect!"

- **Lisa Wimberger**, author of *New Beliefs*, *New Brain* and *Neurosculpting: A Whole-Brain Approach to Heal Trauma, Rewrite Limiting Stories, and Find Wholeness*

"*True Healing* stands out as a premier book on what it means to heal at the deepest level. In just 200 pages, Alison Anton explains far more than can be found in the countless number of other books on the topic."

- **Michael Mirdad**, Spiritual teacher, healer, and author of *Healing the Heart & Soul*

#### About the Author

**Alison Anton** has been teaching and practicing the the art of energy medicine, meditation and spiritual healing since 1995. She runs her online school, **Anton Guild of Spiritual Medicine**, where she offers mind-body courses and healing services for people struggling with chronic illness. The Guild also has an advanced clairvoyant program and medical intuition training for professional healers.

Alison's other works include:

- *Your Mind Is Your Medicine* Audio Program
- *What Color Is Your Bubble? Children's Tools for Intuition* CD-set

Alison has been a practitioner of *A Course in Miracles* since 1997. The forgiveness practices from the Course -- as well as her spiritual medicine, meditation, and retreat practices -- have influenced every step in her daily and spiritual life. Alison's vision is to help people who struggle with chronic, debilitating or terminal illness understand the spiritual dimensions of health and disease.

For more information about Alison's programs and services, visit [AntonGuild.com](http://AntonGuild.com)

## **Users Review**

### **From reader reviews:**

#### **Benjamin Aldridge:**

Why? Because this True Healing: Spiritual Medicine for Every Illness -- A Mind-Body Guide for Managing Stress, Trauma, Disease, and Pain is an unordinary book that the inside of the e-book waiting for you to snap that but latter it will surprise you with the secret the item inside. Reading this book next to it was fantastic author who also write the book in such remarkable way makes the content inside of easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you for not hesitating having this nowadays or you going to regret it. This amazing book will give you a lot of gains than the other book include such as help improving your proficiency and your critical thinking way. So , still want to hesitate having that book? If I were being you I will go to the reserve store hurriedly.

#### **Thelma Price:**

In this age globalization it is important to someone to obtain information. The information will make a professional understand the condition of the world. The healthiness of the world makes the information quicker to share. You can find a lot of referrals to get information example: internet, magazine, book, and soon. You can view that now, a lot of publisher this print many kinds of book. Typically the book that recommended for your requirements is True Healing: Spiritual Medicine for Every Illness -- A Mind-Body Guide for Managing Stress, Trauma, Disease, and Pain this guide consist a lot of the information on the condition of this world now. This book was represented so why is the world has grown up. The dialect styles that writer require to explain it is easy to understand. The particular writer made some study when he makes this book. That's why this book acceptable all of you.

#### **Katherine Herron:**

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#### **Shawn Martinez:**

As a university student exactly feel bored for you to reading. If their teacher inquired them to go to the library in order to make summary for some book, they are complained. Just small students that has reading's

internal or real their leisure activity. They just do what the trainer want, like asked to go to the library. They go to at this time there but nothing reading very seriously. Any students feel that studying is not important, boring and also can't see colorful photos on there. Yeah, it is to be complicated. Book is very important for you personally. As we know that on this period of time, many ways to get whatever we would like. Likewise word says, ways to reach Chinese's country. So , this True Healing: Spiritual Medicine for Every Illness -- A Mind-Body Guide for Managing Stress, Trauma, Disease, and Pain can make you sense more interested to read.

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