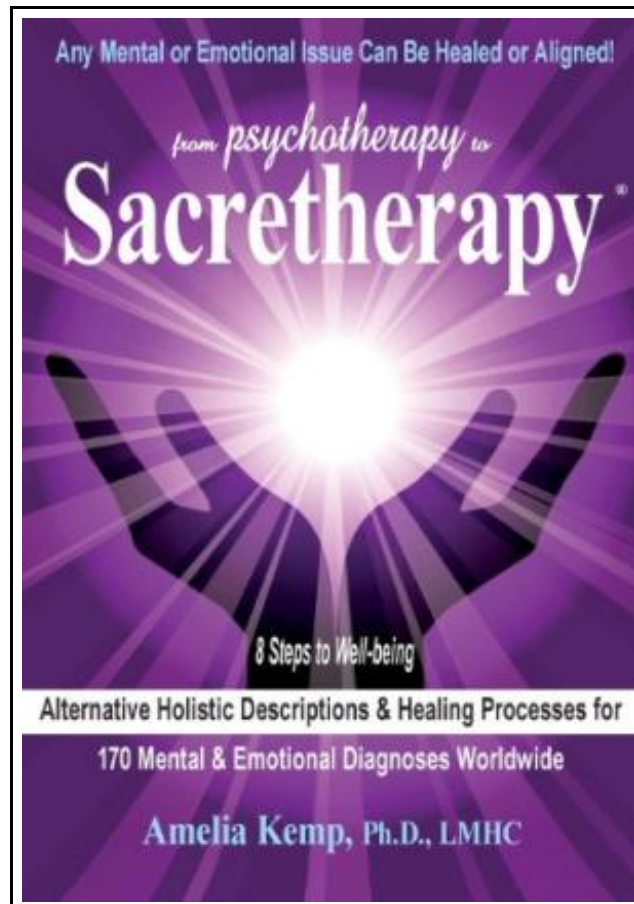


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Mind Body Spirit Books. Paperback. Book Condition: New. This item is printed on demand. Perfect Paperback. 326 pages. Dimensions: 9.7in. x 6.6in. x 0.9in. This book is the first to offer alternative holistic ways to describe, interpret and treat all 170 mental and emotional diagnoses worldwide in an attempt to remove the stigma and pathology associated with mental illness and restore sufferers sense of value and worth, while bringing them back into alignment with their inherent wellness. Dr. Kemp believes traditional interventions are fragmented and, therefore, prescribes holistic treatments that honor the whole person - mind, body and spirit. The book offers eight Steps to mental and emotional well-being and also honors other alternative healing modalities including herbal remedies, which are usually minimized in the American mental health community. In addition to the 170 alternative descriptions and healing processes that range from anxiety and depression to family problems with parents, children and infidelity, to obesity and religious issues to more complicated mental and emotional diagnoses such as the schizophrenias - the book also offers 24 healing exercises, illustrations, a chapter specifically devoted to healing suicidal thoughts and behaviors, as well as a dozen aftercare practices, along with free online aftercare support directly with Dr. Kemp, who also healed herself using many of the interventions prescribed. Readers also are invited to call in to the radio show - From Psychotherapy to Sacretherapy with Dr. Kemp - aired weekly as an added support for those going through the From Psychotherapy to Sacretherapy process, on [blogtalkradio.com](http://blogtalkradio.com). This item ships from La Vergne, TN. Perfect Paperback.

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