



Speak Your Truth: How You Can Recover from Lupus (Paperback)

By Denise A Dorfman

Balboa Press, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Speak Your Truth: How You Can Recover from Lupus is part memoir, part self-help book. Denise Dorfman takes you on her own self-healing journey and teaches you how she recovered from lupus. She now lives a happy, healthy life with no active disease. If you have been diagnosed with lupus, you too can learn how to improve your health and even recover from lupus by learning the main probable mental causes of lupus; using your mind to manifest wellness; employing simple lifestyle changes to feel better each day; and choosing the right affirmations for the major symptoms of lupus you are experiencing.



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