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Mon, 01 Jan 2018 11:16:00 GMT - Unmedicated: The Four Pillars of Natural Wellness Madisyn Taylor Beyond Words Publishing (Jan 23, 2018) Hardcover \$22.00 (208pp) 978-1-58270-657-3 Taylor makes alternative approaches to personal well-being seem easy, interesting, and fun.

Unmedicated: The Four Pillars of Natural Wellness -

Mon, 22 Jan 2018 23:59:00 GMT - Madisyn offers a daily program of easy-to-follow actions based on four pillars that will build a lifelong foundation for health: clear your mind; strengthen your body; nurture your spirit; and find your tribe.

What's Hot : Unmedicated The Four Pillars of Natural ... -

Sun, 30 Sep 2018 11:16:00 GMT - Unmedicated: The Four Pillars of Natural Wellness Review and Recommendation. Full disclosure, when I picked this book up via #Netgalley I knew this book wasnâ€™t for me. Which was sort of the point, I knew this book could possibly be a very useful tool for my clients and students.

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DailyOM - Unmedicated. The Four Pillars of Natural Wellness -

Mon, 08 Oct 2018 01:41:00 GMT - Unmedicated is her thoughtful account of how she broke free from binding mental chains and physical ailments to be happy, healthy, and productive, and a guide for others to apply her techniques to their own healing process. Madisyn offers a step-by-step, daily program based on four pillars that creates a lifelong foundation for health:

Unmedicated: The Four Pillars of Natural Wellness - Beyond ... -

- She was on antidepressants and anti-anxiety medications for decades but now lives without them, and here presents a four-pillar plan aimed at helping readers break their need for pharmaceuticals.

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