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Thank You For HPV: A Simple Guide To Healing Yourself



Synopsis

This book sheds light on HPV, the most common sexually transmitted infection in the US affecting 20 million men and women. The author shares how she naturally reversed the symptoms of HPV and healed her own body of the HPV virus. It doesn't matter how this book got in your handsâ "what matters is how you use the information in it! â œWTF is HPV? I remember asking myself this question when I got the diagnosis back from my gynecologist. I was devastated, confused and ashamed. I had tons of questions but I didn't like the answers I was getting. HPV, sexually transmitted infection that can lead to cervical cancer, is more common than we think. I wrote this book because we need to talk about it. Here's the deal, this book is about healing HPV but it's not only about HPV. It's about living the best life we can live. It's about recognizing HPV as an awesome opportunity to take responsibility for our health. When we see it this way, we can be grateful for HPV (Yes!! Grateful!) and with that gratitude and everything else I share in this book, you can and you will heal your body!â • - Zeina Smidi What people are saying: " I am so glad I stumbled across your book, really helped me to start reframing my thoughts about myself and this disease, and I am going to keep it close to me as I start this journey of healing myself. Thank you so much for your positive energy and for sharing this wonderful advice with me!" "It is so true that your book could help any woman, including my friend with breast cancer." "As a clinical psychologist and yoga teacher, I can attest to the incredible power of the mind-body connection. Thank You For HPV, not only addresses the healing power of your mind, it also gives you specific tools on how to decrease your stress level and live with more health, peace and joy. Ms. Smidi has a down-to-earth and personable writing style that is authentic, informative, and inspirational. I highly recommend this book if you are exploring ways to heal yourself in body, mind and spirit." - Christen D. Scott, Psy.D., Clinical Psychologist, Creator of the Yoga Shrink" "I've been on this diet for almost 10 days and I'm going strong. Thanks again for writing this book, I'm so appreciative of that because without this book and your words of encouragement I'd be completely lost. Thank you!"

Book Information

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Customer Reviews

Great book!! Light read that is very inspiring, motivational and educational! Would recommend this to anyone!

Excellent, supportive book that sheds helpful information and hope on HPV. It was a comfort to read this book - uplifting, with wonderful suggestions.

It was very uplifting and very informative. A lot of information on using food, exercise and meditation to heal your body.

This book really related to me in having to forgive myself and the people from my past and from now on work towards a brighter tomorrow and get healthier body and mind.

This book is a wonderful read for anyone dealing with any sort of illness. The fact that it deals with not only the physical aspect of an illness, but the mental, emotional, and spiritual healing aspects made the book. The author is very down to earth and honest about her experiences.

Very informative!

Really makes you think about how we treat our bodies and what that can do to us! This book makes you stop and think!

Very useful information! Thank you !

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