



# **There's Always Help; There's Always Hope: An Award-Winning Psychiatrist Shows You How to Heal Your Body, Mind, and Spirit**

*Eve A. Wood*

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# There's Always Help; There's Always Hope: An Award-Winning Psychiatrist Shows You How to Heal Your Body, Mind, and Spirit

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## **There's Always Help; There's Always Hope: An Award-Winning Psychiatrist Shows You How to Heal Your Body, Mind, and Spirit** Eve A. Wood

Although surrounded by options for medical, psychological, and spiritual support, we lack a unified model of healing that can truly guide us in our journey to wellness. Thus we remain lost, suffering and confused. This book offers us hope. In it, **Dr. Eve A. Wood** presents an integrative approach to healing that combines traditional psychiatric practices and universal spiritual principles. By sharing her patients' poignant, captivating, and miraculous tales of recovery to demonstrate crucial lessons, Dr. Wood demystifies the therapeutic process. She provides us with the concepts, tools, and resources we need to craft our own unique paths to personal fulfillment, joy, and health.

With extraordinary reverence and compassion for the human spirit, Dr. Wood demonstrates that with time, patience, willingness, and *hope*, we can work through even the most impossible challenges in order to achieve emotional health and inner peace. Believing that each of us has a tale that we're meant to live and share, Dr. Wood shows us how to find and live our own stories.

Whether you suffer from a diagnosable condition, or simply want to better understand yourself, *Harnessing Your Healing Potential* will help you find your path to a better future.

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