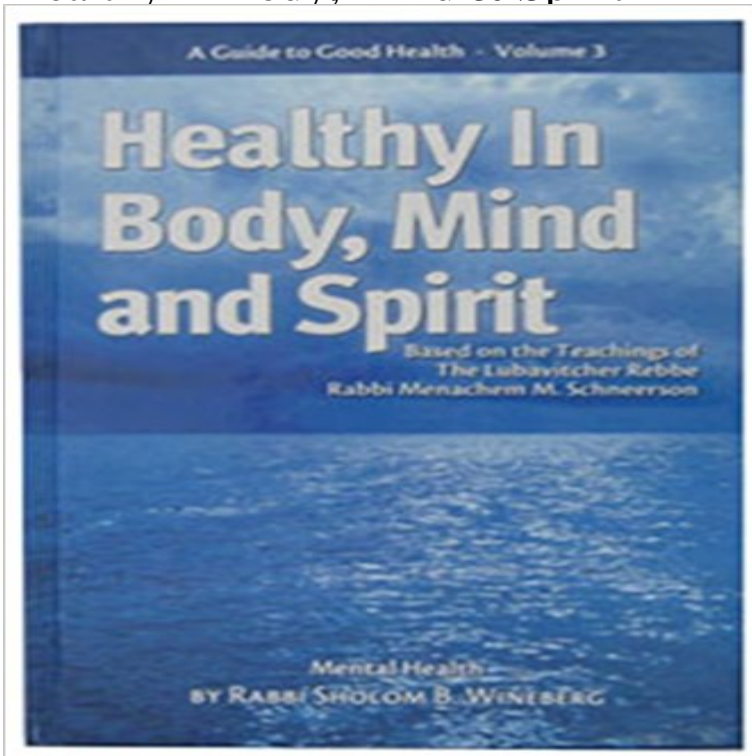


Healthy in Body, Mind & Spirit



A guide to good health based on the teachings of the Lubavitcher Rebbe. Specific Mental Health Issues Based on the Teachings of the Lubavitcher Rebbe, Rabbi Menachem M. Schneerson Follow the Lubavitcher Rebbes prescription for health with this wide-ranging collection of Rabbi Menachem M. Schneersons letters and talks on maintaining mental well-being. Among the topics are mental health, conquering anxiety, healing through meditation and more. Cartloads of letters poured into the Rebbes office, beseeching his opinion on the most pressing health matters. Benefit from the wealth of the Rebbes wisdom on this ever important topic.

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body and mind, our food must be nourishing. Ideal nutrition comes from consuming a variety of foods that are appropriately prepared and

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Body, Mind & Spirit Omega May 21, 2013 "Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the

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