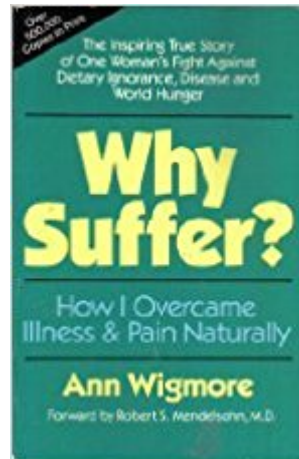




Ebook Directory
the best source of ebook

The book was found

Why Suffer?: How I Overcame Illness & Pain Naturally



Synopsis

The inspiring true story of one woman's fight against dietary ignorance, disease and world hunger

Book Information

Paperback: 182 pages

Publisher: Avery; First Printing edition (February 1985)

Language: English

ISBN-10: 0895292866

ISBN-13: 978-0895292865

Product Dimensions: 20 x 20 x 20 inches

Shipping Weight: 6.4 ounces

Average Customer Review: 5.0 out of 5 stars 11 customer reviews

Best Sellers Rank: #772,567 in Books (See Top 100 in Books) #149 in Books > Biographies & Memoirs > Regional U.S. > New England #85507 in Books > Health, Fitness & Dieting

Customer Reviews

The inspiring true story of one woman's fight against dietary ignorance, disease and world hunger

Excellent book! Really enjoyed learning more about Ms. Wigmore. If you are interested in your health this is a great book to learn about health improvement. It also describes how Ann Wigmore struggled to get to America and her years of perseverance. A really heart warming and human interest true story.

I would've loved to just spend time with this incredible woman! I felt like I got a great glimpse into who she was and why there would be an "accidental" fire.... This is one of those rare books...that has amazing information to gaining insight to healing.... I was thrilled to find it! Thanks

Wow, this is a fascinating book! After reading the first few pages of the story, I couldn't put it down and read almost half the book in one sitting! It is an autobiography, but reads like a novel with lots of interesting tales. Made me feel fortunate to live in America, my heart goes out to others less fortunate. It also helped me to understand health and healing more. I learned a lot and would recommend it to everybody!

This is the auto-biography of Ann Wigmore. I go back and reread it every once in a while so I don't forget the outstanding helpful things in the book.

Great reading! Very informative.

I enjoyed reading this book so much. The style it is written in and the personal experiences made it a great read.

Wonderful book!

Excellent! A health classic with the secrets of healing. Don't be fooled by the age of the book. Her story and discoveries are compelling and still work today. Saved my life 25years ago and know hundreds who have healed from cancer to arthritis-- and as a Nutrition Consultant, still recommed it!

[Download to continue reading...](#)

Why Suffer?: How I Overcame Illness & Pain Naturally Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Combat Headaches: A chiropractor's advice for those who suffer from migraines, jaw pain, sinus pain and/or tension headaches (Combat Dis-Ease) (Volume 2) MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Arthritis: Escape the Pain: How I Overcame Arthritis & How You Can Too! The Secret Thoughts of Successful Women: Why Capable People Suffer from the Impostor Syndrome and How to Thrive in Spite of It Who Need Headaches?: Why Suffer -- If You Don't Have To? Classification of Chronic Pain: Descriptions of Chronic Pain Syndromes and Definitions of Pain Terms Fixing You: Hip & Knee Pain: Self-treatment for IT band friction, arthritis, groin pain, bursitis, knee pain, PFS, AKPS, and other diagnoses 10 KEYS TO UNLOCKING HAND PAIN: Increase blood flow to ease pain & regain your strength, power & flexibility in 5 minutes a day (10 Keys to Unlocking Pain Book 2) Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Knee Pain: Treatment for

beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1) Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain Relief, Pain Management,) Pain by The Authors of Pain: The debut poetry collection from WWE tag team and literary powerhouse The Authors of Pain. Complete Guide to Symptoms, Illness & Surgery: Updated and Revised 6th Edition (Complete Guidel to Symptons, Illness and Surgery) Lubkin's Chronic Illness: Impact and Intervention (Lubkin, Chronic Illness) Chronic Illness: Impact And Intervention (Lubkin, Chronic Illness) Cultural Diversity in Health and Illness/Culture Care: Guide to Heritage Assessment Health (Cultural Diversity in Health & Illness (Spector))

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)