



Your Body, Only Better: Discover, quickly and easily, how and why your mind can control pain and speed up healing.

Mark Baker

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This collection of simple and clear reasons, examples and techniques has been created to help you develop your belief in the power of your mind. A belief that you, too, can have more control than you ever thought possible over your pain, recovery and healing. This is a great starting point for anyone looking to learn more about why and, most importantly, how people can regain control of their life from pain and illness.

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