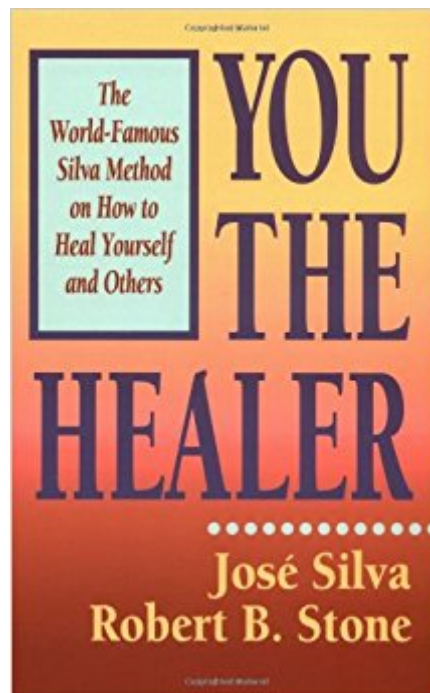




The book was found

You The Healer: The World-Famous Silva Method On How To Heal Yourself And Others



Synopsis

Based on the most successful mind development program in the world today, this book offers the complete course in Silva Mind Control techniques in a do-it-yourself format. In just 40 days, YOU THE HEALER can teach readers how to use the power of their brains to place them firmly on the path to good health.

Book Information

Series: World-Famous Silva Method on How to Heal Yourself and Others

Paperback: 276 pages

Publisher: HJ Kramer; Reissue edition (December 28, 1992)

Language: English

ISBN-10: 0915811375

ISBN-13: 978-0915811373

Product Dimensions: 1 x 6 x 8.5 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 71 customer reviews

Best Sellers Rank: #98,287 in Books (See Top 100 in Books) #50 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Experimental Psychology](#) #404 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Psychotherapy, TA & NLP](#) #9249 in [Books > Self-Help](#)

Customer Reviews

You the Healer is an eye opening, useful tool. It contains a forty-day step-by-step, home study course on how to become a healer and how to create and live a healthy disease-free life. It provides healing techniques that are not too esoteric and not too difficult. It's useful for everything from quitting addictions to migraine headaches - a very attractive and practical offering. -- Magical Blend Magazine, January 1990
Deprogramming negativity to facilitate wellness is the underlying principle of the Silva Method. In other words, by changing your mind you can change your health. There are thousands of success stories that serve as testimony to the effectiveness of the Silva Method, many of which have been documented by the authors in this book, making it interesting reading as well as enlightening. -- Connecting Link, Issue 8

To our readers: The books we publish are our contribution to an emerging world based on cooperation rather than on competition, on affirmation of the human spirit rather than on self-doubt,

and on the certainty that all humanity is connected. Our goal is to touch as many lives as possible with a message of hope for a better world. - Hal and Linda Kramer, Publishers

I purchased this after reading about it in one of Raymon Grace's books. Silva's book is extremely how-to-do and hands on, so if that is your need then this is your book. Well written with chapters, explanations, and examples, it was written in 1989, and a smash hit for Silva, IMO. If you can't take a course (or even if you can) this is well worth reading and allows you to apply the 40-day program to your life.

Good book on Silva method.

If you have the blue Silva Mind Control Method then I feel this is the best complement to that book. There are 40 days of meditation that are to be done every morning. What to mentally picture and say. It's clear and concise. If you want to be good at this then this book will help and keep dedicated to the exercises. They do make you aware and beginning to make a difference in my life.

I love the book and am currently reading it. I am on my second (10 days) exercise and I must say that it provides a great state of relaxation. It does get you closer to your inner being and I think that by the time I am done, I will be my own healer.

Started with this book. I'm almost done with my 40days. I'm very happy that I read it and get it. Im still waiting on the result though . Great book to start with.

I read Silva's original book 20 years ago, and I had almost forgotten what I learned back then, which had worked wonders for me when I was an infant. This book revived my interest in putting the method to work again :)

This book jump started my path into the world of self help and healing. I tell everyone I know this is a must read.

The meditation technique taught in this book not only helped me when I had heart problems, it also helps me be calm when something is stressing me out. I keep a copy of this book on my Kindle and have given a copy to several people.

