



# Your Journey of Healing, A Workbook

*Lois M. Grant*

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# Your Journey of Healing, A Workbook

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## **Your Journey of Healing, A Workbook** Lois M. Grant

This workbook is based on the author's twenty-two year experience of healing rheumatoid arthritis. She developed her "Twelve Steps for Healing Program" while teaching workshops and the steps have evolved into the Workbook. A discussion of what Grant calls "Universal Healing Energy" provides the scientific basis for spiritual and emotional healing which leads to healing of the body. The steps include Make a Commitment, Reduce Stress, Love Your Self, Love Your Body, and others. By taking this journey, you can uncover the root causes of illness and recover the health you are intended to enjoy.

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