



The Detox Companion Journal: (Because a Detox Is More Than Physical) (Paperback)

By Dr Faith G Harper

Say Something Real Press LLC, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. I stopped putting crap in my body. Now what? If this was so easy, everyone would be doing it, right? Taking charge of your physical health requires mental and emotional energy and focus. Things aren't gonna feel great starting out. Getting through this process and creating lasting change requires paying attention to everything going on. Recovery and healing start here. Welcome home to your self. Designed for all types of substance detox: toxic foods, prescription medications, drugs, alcohol, nicotine, caffeine, etc. A complimentary tool for Whole30, Detox Cleanse Protocols, Treatment center recovery programs, etc. Dr. Faith Harper, author of UNF*CK YOUR BRAIN, THIS IS YOUR BRAIN ON ANXIETY, and THE REVOLUTION WILL INCLUDE COOKIES, brings her unique perspective, clinical background, and sense of humor to detoxifying your life.



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