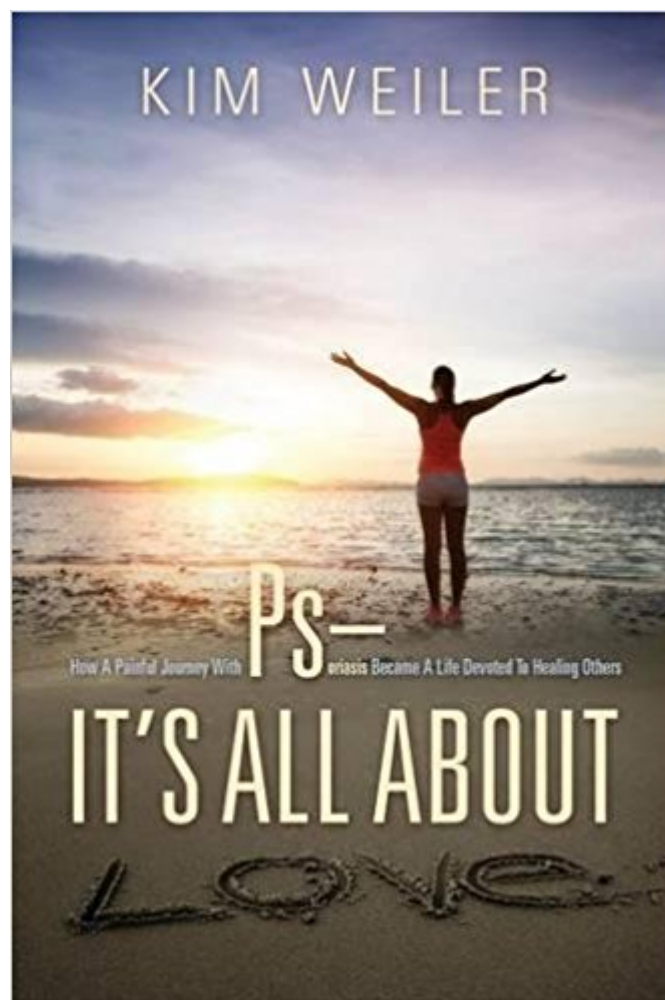




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PS - It's All About Love: How A Painful Journey With Psoriasis Became A Life Devoted To Healing Others



Synopsis

Psoriasis – A Life's Journey All About Love: How a Painful Journey with Psoriasis Became a Life Devoted to Healing Others For more than twenty years, Kim Weiler struggled with psoriasis, an auto-immune skin disease. No doctor could offer her successful treatment, and she began to feel frustrated and hopeless at the seeming lack of answers and understanding from the medical community. Help finally came from a most unlikely source: her dog Max's vet. From that introduction to how food and toxins affect the body, Weiler started on a journey of exploration of nutrition and self-love. She found that diet, not pharmaceuticals, can get to the root of illness. Through nourishing her body with whole foods, boosting her mind and spirit with self-love and positive thinking, she was able to deal with the valid feelings of anger, depression, and shame and heal herself of Ps, a.k.a. psoriasis. Now, as an internationally certified holistic health coach, Weiler helps men, women, and children who have suffered from a variety of skin diseases, auto-immune illnesses, and she encourages people to take control of their own health and heal from the inside out. Through **Psoriasis – A Life's Journey All About Love**, part memoir, part guide to better health, Weiler compassionately offers a mind-body-spirit solution while setting an example for what self-love and self-healing really means. **Â**

Book Information

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Customer Reviews

I read the book because I am also starting a career as a Health Coach. Kim speaks to you like a true friend and the book is FOR ANYONE who wants to be not only healthier but happier. It speaks

to your inner-self and gets you to really look at YOU. The first time I read it I was impressed with her honesty and her passion and with the additional material she covered not specifically related to PS. I read it a second time because I wanted to write a review to share how much I loved it and I was completely amazed at how much more I absorbed reading it the second time. It relates to so many different levels of your health, happiness, psyche, relationships, etc. Definitely a good read and be sure that you go back and read it again.

“PS- It’s All About Love” is a must read for ANYONE that is looking to ease into healthy eating. The book is geared for those suffering from skin disorders, but I don’t have a skin disorder and I got so much out of this book! It’s an easy read and written in a way that is conversational, not preachy. It’s as if Kim is right there, gently and lovingly encouraging you on your journey to health. It’s evident that Kim not only comes with experience from her education, but from practical hands on learning through trial and error. Kim coaches you on the basics of healthy eating, feeding you information in a palatable way, and sharing some of her tips and recipes along the way (and even some of her missteps!). Kim infuses the book with her personal experiences, showing her vulnerabilities, and inviting the reader to peel back their own protective layers, and carry forward only what is best for a healthy self. Her positivity about life and strategies for how to love yourself are inspiring. After finishing this book, I implemented several changes into my life and my diet. I even picked up two more books by some of her mentors! Highly recommend “PS- It’s All About Love”!

This book is truly inspiring. It is written with such passion and drive to help others. Whether you have a skin condition or just want to live your healthiest...this book will change your life! You can feel Kim’s pain as she describes the struggles she went through and you want to celebrate with her when she talks about how she overcame them. There are tons of tips and tricks to help you start conquering your own health journey...not only diet, but learning to love yourself and even things like handling stress. The book is easy to read, understand and apply in your life today. It is the complete package to better health and healing!

I have met Kim and she is wonderfully enthusiastic about helping others heal themselves as she did ! I started thinking about the pain I was constantly in, remembered her story, and began eating much healthier. Her book helped me enormously ! I actually started feeling a little better after 3 days

! Can't wait to see how I will feel after a month ! I believe continued healthy eating will be my answer...

This book is truly inspiring and is a MUST READ for anyone who is trying to live a healthier life. After reading this book, I became motivated to quit my many unhealthy habits and started to eat clean. Personally, I always find it hard to stay motivated and to see things out to the end, but with Kim's life coaching advice, it has helped me reach heights that I did not think were possible for myself.

This is a wonderful resource for anyone suffering with any ailment or illness! It's not only going to help people with skin conditions, but will help anyone who is ready to take control of their own health! Kim's passion for helping people shines through as she shares what life was like for her in her psoriasis prison and how she freed herself through nutrition & self-love. I recommend this book to anyone who is suffering from any disease and wants to get healthy & happy!

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