

# Healthy You: A Book Full of Powerful Secrets for You

*author: Ulrike Berzau, Christel Cowdrey*

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2026-06

## Synopsis

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author	Ulrike Berzau, Christel Cowdrey
readBy	Christel Cowdrey
inLanguage	english

This book is dedicated to those who want to transform their health and wellbeing. In *Imagine a Healthy You*, the authors explore the power of the mind, how it can heal the body, and how you can use your own power to improve your physical performance and wellbeing. With this new focus, you'll be able to complete daily tasks and all your activities with greater ease.

Bob Proctor, best-selling author of *You Were Born Rich* says in the book's foreword: the direct connection between the mind and the body might just be the most studied and established one of all. It has been explored and confirmed by some of the greatest philosophers, healers, and physicians of all time, going back thousands of years and continuing right up to this day. Ulrike Berzau and Christel Cowdrey are two of the latest thinkers to take up this exploration. In their profoundly wise, sympathetic, and accessible book, they have brought something fresh and powerful to this esteemed area of study and inquiry.

If you are suffering from chronic pain, fatigue, illness, or any other physical malady that restricts your mobility, activity, peace of mind, or enjoyment of life - or are close to someone who is - these words will pave a path of relief for you. And, even if your challenges have not manifested in physical symptoms, there is so many benefits to be mined from the personal stories and practical exercises Ulrike and Christel share.

The question isn't "Can the mind help to heal the body?" That has been answered beyond the shadow of the doubt by countless people, many of whom you'll hear about in this book. The question is, "When will you begin to direct your extraordinary thought-power toward the critical end of creating and maintaining vibrant health and wellbeing?"

With Ulrike and Christel as your caring guides, you'll be infinitely richer, better, and healthier for it - inside and out.

## Reader's comments

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