



# **A Guide to Polarity Therapy: The Gentle Art of Hands-On Healing**

*Maruti Seidman*

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## **A Guide to Polarity Therapy: The Gentle Art of Hands-On Healing** Maruti Seidman

Now in an expanded edition, this book explains the polarity system of healing, which combines diet, exercise, hands-on techniques, and positive attitudes to tap into spiritual, mental, physical, and emotional energies. Twenty-one different healing treatments are described in detail.

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