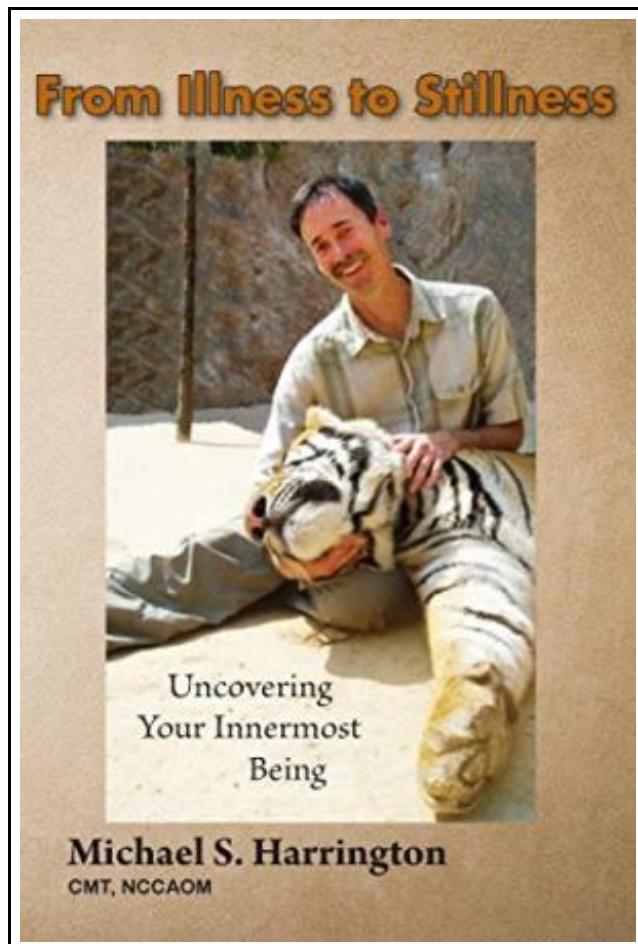


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FROM ILLNESS TO STILLNESS: UNCOVERING YOUR INNERMOST BEING (PAPERBACK)

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River Sanctuary Publishing, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Part memoir, spiritual inquiry, and expose of mainstream Western medicine, From Illness to Stillness points to the root causes of many disorders, highlighting an alternative vision of wellness. In the middle of a healing arts career as an acupuncturist, massage therapist, and end-of-life care provider, Michael Harrington found his life radically shifted by an awakening to truth and subsequent chronic illness. With a blend of spacious insight, playful humor, and engaging prose, this book takes you on a journey through diverse elements of chronic physical and mental illness. Michael offers holistic approaches to the pharmaceutically dependent Western medical system, whose treatments for chronic degenerative conditions mask the underlying imbalance and introduce an array of toxic complications. Not only does the author draw from the insight gained from his own experience, but also that gleaned from numerous spiritual teachers, saints, healers, and medical and naturopathic doctors, interspersing their wisdom throughout the book. **ABOUT THE AUTHOR** Michael Harrington has a diverse background in the healing arts, including over two decades spent as a massage therapist, acupuncturist, end-of-life caregiver, and yoga teacher. Michael enjoys spending quality time with individuals aspiring toward true wellness and groups interested in exploring the depths of embodied spirituality. He lives in Santa Cruz, California. You can follow Michael's blog at:

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