



Within: A Spiritual Awakening to Love & Weight Loss

By Dr. Habib Sadeghi

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Within: A Spiritual Awakening to Love & Weight Loss By Dr. Habib Sadeghi

In his latest book, Dr. Habib Sadeghi provides a compassionately based, scientifically sound approach to the missing ingredient in the weight-loss recipe: self-love. You'll learn that real self-love is far more than an ethereal concept. It's a tangible evolutionary force that will create changes in your life that can only be described as miraculous. Did you know that the electromagnetic power of the heart is five thousand times stronger than that of the brain? That's the power of your love, and you'll learn how to harness its healing energy by taking one simple step. You'll discover the exciting emerging science of epigenetics and that fat is not all in the family. You've never been doomed by your genes and have far more control over your weight than you ever realized. Most importantly, this program was created, from compassion and experience, by someone who has been there. You'll be amazed and inspired as Dr. Sadeghi shares how this program created a profound healing in his own life. So prepare yourself for a revelation that combines the latest science with spiritual nutrition for a quantum weight-loss program that serves up a satisfying portion of real soul food. Take the journey to discover where the answers have been all along . . . within. All proceeds from Within will be donated to Roots of Empathy, University of Santa Monica and Healing Institute of Beings.

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Editorial Review

Review

“Dr. Sadeghi is the doctor who has changed my life. This book will change yours.” —Gwyneth Paltrow

“Habib Sadeghi is an insightful, kind man who approaches healing in a fresh and uncomplicated way. If one is able to acknowledge that illness is created by an imbalance in the body, and that one’s state of mind and emotional well-being are integral to the overall health of the body, then Habib has practical suggestions on how to achieve a new realm of health and healing.” —Tim Robbins

“Dr. Sadeghi has shown me how my outside often reflects my inside; how our minds and bodies mirror each other. He has helped me a great deal, and I hope that through this book more people can enjoy the benefit of his compassion.” —Chris Martin

“When you locate a person in your world that is able to understand who you are at a very deep level—you rejoice at your great good fortune. When you locate a doctor in your world who is able to know what is going on throughout your body in a holistic way—you also rejoice at such a fortunate discovery. When you find that the doctor you have met is also such an intuitive person—you are permitted to spend a few moments in completely honest disbelief . . . it is totally natural. Dr. Habib Sadeghi is such a person and such a doctor. . . . Welcome to the wonderful world of life’s realizations and health filled resolutions that reach way beyond your brightest expectations.” —Guru Singh, DD, MSS, spiritual teacher and author

“I don’t think I’ve come across anyone who understands more about the mind/body connection when it comes to changing our health or our lives, than Dr. Sadeghi. In fact, he’s living proof of it.” —Emily Blunt

“Dr. Sadeghi approaches overwhelming issues with a soft and gentle approach. He gives us support to life’s challenges in a way that removes fear and shame. We have the power to change our lives and Dr. Sadeghi helps you to help yourself.” —Stella McCartney

“[*Within*] is a masterpiece and can help a lot of people. . . . Reading this book can be a life-changing experience.” —Penelope Cruz

About the Author

Dr. Habib Sadeghi, DO, is the cofounder of Be Hive of Healing, an integrative health center based in Los Angeles. He is a highly respected physician and researcher in the fields of integrative, osteopathic, anthroposophical, environmental, family, and German new medicine, as well as homeopathy and clinical pharmacology. He has served as an attending physician and clinical facilitator at UCLA–Santa Monica Medical Center, as well as a clinical instructor of family medicine at Western University of Health Sciences. He is a member of the Physician’s Association for Anthroposophic Medicine and the International Post-Graduate Medical Training for Anthroposophic Medicine. An active member of the Price-Pottenger Nutrition Foundation and the American Holistic Medical Association, he is regularly sought after as an expert in the fields of nutritional therapy, dietary supplementation, and detoxification for chronic conditions such as heart disease, cancer, and autoimmune diseases at venues around the world. Having recovered from cancer decades ago through his unique combination of integrative medical protocols, his services are in great

demand. His patients come from as far as Columbia, Mexico, Germany, Thailand, France, Canada, Israel, and the United Kingdom, seeking his specialized combination of integrative therapies. Dr. Sadeghi serves as an on-air health expert for Fox News and Geraldo at Large. He is coauthor of the book *The Light*, along with renowned spiritual teachers Don Miguel Ruiz (*The Four Agreements*), Terry Tillman (*Writings on the Wall*), Barbara Marx Hubbard (*Emergence: Shift from Ego to Essence*), John-Roger (*Living the Spiritual Principles of Health and Wellbeing*) and Marci Shimoff (coauthor of the *Chicken Soup for the Soul* series and *Love for No Reason*). He was also one of the first two osteopathic physicians ever to be included as a medical expert in the nationally televised cancer research fundraising telethon *Stand Up to Cancer (SU2C)*, executive produced by Gwyneth Paltrow. He is the publisher of Be Hive of Healing Medical Corporation's monthly newsletter and the spiritual health magazine *MegaZen*.

Users Review

From reader reviews:

Joan Henderson:

Why don't make it to be your habit? Right now, try to ready your time to do the important action, like looking for your favorite book and reading a publication. Beside you can solve your short lived problem; you can add your knowledge by the book entitled *Within: A Spiritual Awakening to Love & Weight Loss*. Try to make the book *Within: A Spiritual Awakening to Love & Weight Loss* as your pal. It means that it can become your friend when you feel alone and beside regarding course make you smarter than ever. Yeah, it is very fortunate for you personally. The book makes you a lot more confidence because you can know anything by the book. So, let's make new experience along with knowledge with this book.

Norman Brown:

People live in this new day of lifestyle always try to and must have the free time or they will get lots of stress from both everyday life and work. So, when we ask do people have extra time, we will say absolutely sure. People is human not a robot. Then we ask again, what kind of activity do you possess when the spare time coming to a person of course your answer will probably unlimited right. Then do you try this one, reading textbooks. It can be your alternative throughout spending your spare time, the actual book you have read will be *Within: A Spiritual Awakening to Love & Weight Loss*.

Laverne Dunbar:

In this period globalization it is important to someone to receive information. The information will make someone to understand the condition of the world. The health of the world makes the information simpler to share. You can find a lot of personal references to get information example: internet, classifieds, book, and soon. You can view that now, a lot of publisher that print many kinds of book. Often the book that recommended for you is *Within: A Spiritual Awakening to Love & Weight Loss* this reserve consist a lot of the information in the condition of this world now. This book was represented how do the world has grown up. The language styles that writer use for explain it is easy to understand. Typically the writer made some investigation when he makes this book. Here is why this book suitable all of you.

Hye Elliott:

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