



# Instant Healing: Gain Inner Strength, Empower Yourself, and Create Your Destiny

By Susan Shumsky

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*"Instant Healing* can help you heal yourself, your family, friends, clients, community, and the entire planet. I have never seen a more complete affirmative prayer book."

--Marci Shimof, #1 New York Times bestselling author of *Happy for No Reason*, *Love For No Reason*, and *Chicken Soup for the Woman's Soul*

"Shumsky has been there. That's what makes her a great teacher."

--Larry Dossey, best-selling author of *Healing Words*

"For those who use affirmations to alter their feelings, this book will provide many and give comfort to your suffering."

--Fred Alan Wolf, PhD, aka Dr. Quantum, author of *Mind Into Matter* and *Dr. Quantum Presents: Meet the Real Creator: You*

"As you read and use this book, my hope is that you get involved and make it your own by practicing the healing prayers, which will help you grow spiritually and transform your life in positive, powerful ways."

--Dannion Brinkley, best-selling author of *Saved by the Light*

In a world of chaos, uncertainty, and malaise, we can no longer depend on the institutions we counted on to offer security and hope. With increasing anxiety and a sickening fear of the future, can we reverse the downward spiral of turmoil and frustration?

*Instant Healing* provides a powerfully positive solution. By using simple prayers and affirmations, you can experience immediate healing, comfort, and solace. You can gain self-empowerment, inner strength, wellness, and abundance beyond your dreams.

*Instant Healing* provides 243 healing affirmations and prayers, along with instructions on how to use them. These methods are simple and effective, and

require no background or training. Just read them audibly, with conviction, and in a clear voice. Then let go and allow miracles to happen. The field-proven, non-denominational, universal methods of spiritual healing in this book have changed the lives of millions of people worldwide.

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### **Editorial Review**

#### **About the Author**

Dr. Susan Shumsky is the award-winning author of seven other books--Ascension, How to Hear the Voice of God, Exploring Meditation, Exploring Auras, Exploring Chakras, Divine Revelation, and Miracle Prayer. She is a foremost spirituality expert, pioneer in the consciousness field, and highly acclaimed speaker. Shumsky has practiced spiritual disciplines for 45 years with enlightened masters in secluded areas, including the Himalayas and the Alps. For 22 years, her mentor was Maharishi Mahesh Yogi, guru of the Beatles and Deepak Chopra. She served on Maharishi's personal staff for seven years. She is the founder of Divine Revelation®, a technology for contacting the divine presence, hearing and testing the inner voice, and receiving clear divine guidance.

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