



While I Was Musing, The Fire Burned

Michael P. Petrillo

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Dr. Michael Petrillo met the challenge of difficult economic times with education, determination, and personal goal-setting. He achieved his objectives by becoming a pastor, a psychotherapist, a mentor, coach, hypnotherapist, and muse. Now, he offers his most powerful tools to help you achieve your own success. In While I Was Musing, the Fires Burned, Dr. Petrillo examines the healing power of meditation, musing, and wholeness to make his case for our inner healing power. By learning how to channel energy through positive beliefs and practices, soul-searching, and meditation, Dr. Petrillo shows you how to inspire your mind's inner biological system to heal, repair, and regenerate. He explores the impact that food has on your physical and mental health. By improving your diet and using many of the noninvasive techniques outlined in the book, you can maximize your health and engage the internal healing system in your body, mind, and soul. Michael teaches how to change attitudes by tapping into our center for profound change in the body, the mind, and the spirit. Throughout his own personal journey to holistic health, he has traveled to many parts of the world to learn healing techniques-and he shares the best of his experiences with you here, in While I Was Musing, the Fires Burned.



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