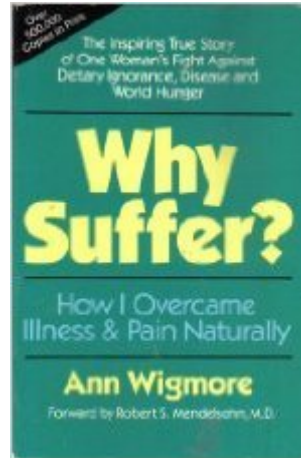


The book was found

# Why Suffer?: How I Overcame Illness & Pain Naturally



## Synopsis

The inspiring true story of one woman's fight against dietary ignorance, disease and world hunger

## Book Information

Paperback: 182 pages

Publisher: Avery; First Printing edition (February 1985)

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Shipping Weight: 6.4 ounces

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #443,044 in Books (See Top 100 in Books) #70 in [Books > Biographies & Memoirs > Regional U.S. > New England](#) #53606 in [Books > Health, Fitness & Dieting](#)

## Customer Reviews

This is a mesmerizing book and I could not put it down. It combines health and spirituality and how Ann Wigmore has been able to help so many sick people. It provides the framework for her later work and is really an autobiography of her life.

Wow, this is a fascinating book! After reading the first few pages of the story, I couldn't put it down and read almost half the book in one sitting! It is an autobiography, but reads like a novel with lots of interesting tales. Made me feel fortunate to live in America, my heart goes out to others less fortunate. It also helped me to understand health and healing more. I learned a lot and would recommend it to everybody!

I would've loved to just spend time with this incredible woman! I felt like I got a great glimpse into who she was and why there would be an "accidental" fire.... This is one of those rare books...that has amazing information to gaining insight to healing.... I was thrilled to find it! Thanks

Excellent! A health classic with the secrets of healing. Don't be fooled by the age of the book. Her story and discoveries are compelling and still work today. Saved my life 25years ago and know hundreds who have healed from cancer to arthritis-- and as a Nutrition Consultant, still recommed it!

Excellent book! Really enjoyed learning more about Ms. Wigmore. If you are interested in your health this is a great book to learn about health improvement. It also describes how Ann Wigmore struggled to get to America and her years of perseverance. A really heart warming and human interest true story.

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Why Suffer?: How I Overcame Illness & Pain Naturally Herbal Antibiotics Secrets: How to Use Herbal Medicine to Prevent, Treat ,and Heal Illness Naturally The Secret Thoughts of Successful Women: Why Capable People Suffer from the Impostor Syndrome and How to Thrive in Spite of It Internal Cleansing : Rid Your Body of Toxins to Naturally and Effectively Fight Heart Disease, Chronic Pain, Fatigue, PMS and Menopause Symptoms, and More (Revised 2nd Edition) Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness The Ultimate Guide to Sex and Disability: For All of Us Who Live with Disabilities, Chronic Pain, and Illness Rising Above: How 11 Athletes Overcame Challenges in Their Youth to Become Stars Only a Mother Could Love Him - My Story - How I lived with A.D.D. and Overcame It! Minding My Mitochondria 2nd Edition: How I overcame secondary progressive multiple sclerosis (MS) and got out of my wheelchair. Wall & Melzack's Textbook of Pain: Expert Consult - Online and Print, 6e (Wall and Melzack's Textbook of Pain) Bonica's Management of Pain (Fishman, Bonica's Pain Management) Pain Relief: Manage and Eliminate Pain, Accelerate Recovery, and Feel Better You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being---An Eight-Week Program I Don't Suffer from Insanity Daybrightener Suffer and Grow Strong: The Life of Ella Gertrude Clanton Thomas, 1834-1907 Suffer Love And the Weak Suffer What They Must?: Europe's Crisis and America's Economic Future "Do Not Worry, Do Not Be Anxious, Do Not Be Afraid": A Self-Help Manual for People Who Worry a Lot and Suffer Anxiety and Fear The Walking Dead, Vol. 8: Made to Suffer Soccernomics: Why England Loses, Why Spain, Germany, and Brazil Win, and Why the U.S., Japan, Australia&#151;and Even Iraq&#151;Are Destined to Become the Kings of the World&#146;s Most Popular Sport

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