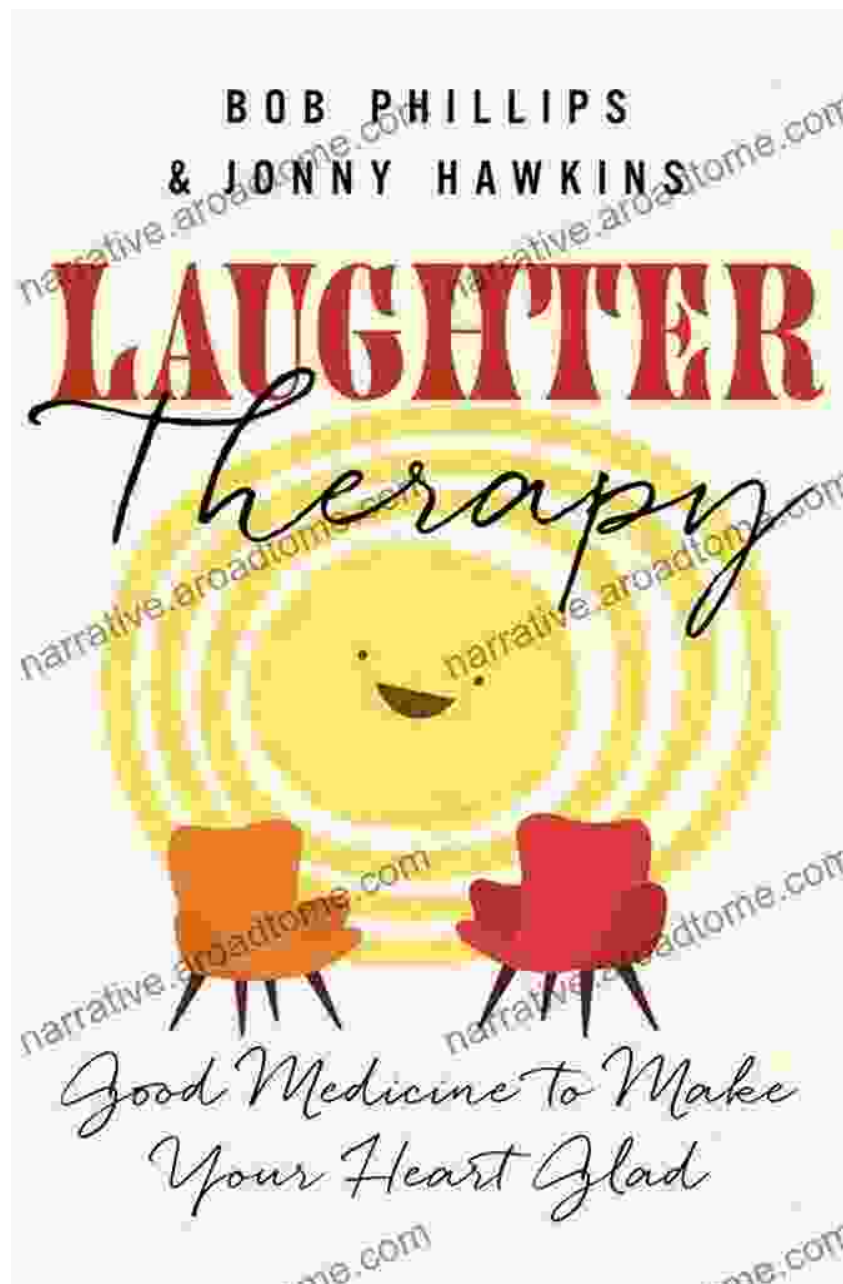


# Good Medicine To Make Your Heart Glad



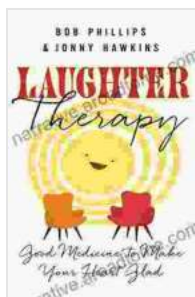
**A Journey of Healing and Hope**

**By Dr. Lydia Hobson**

Good Medicine To Make Your Heart Glad is a book that offers a holistic approach to healing and hope. The book is based on Dr. Hobson's own

journey of healing from cancer, and it shares her insights on how to find strength and resilience in the face of adversity.

Dr. Hobson writes with honesty and compassion about her own experiences with cancer. She shares her fears and doubts, her moments of despair and her moments of hope. But through it all, she never gives up on herself or her belief that she can heal.



## Laughter Therapy: Good Medicine to Make Your Heart

**Glad** by Jonny Hawkins

★★★★☆ 4.4 out of 5

Language	: English
File size	: 36636 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 175 pages
Lending	: Enabled



Good Medicine To Make Your Heart Glad is not just a book about cancer. It is a book about healing from any type of adversity. Dr. Hobson's insights are applicable to anyone who is facing a difficult time in their life. She offers practical advice on how to cope with stress, anxiety, and depression. She also shares her thoughts on the importance of self-care, community, and spirituality.

Good Medicine To Make Your Heart Glad is a book that will inspire you, comfort you, and give you hope. It is a book that will help you to find your

own strength and resilience in the face of adversity.

## **About the Author**

Dr. Lydia Hobson is a board-certified family physician and a certified life coach. She is the founder of the Hobson Center for Integrative Medicine, which provides holistic care to patients with cancer and other chronic illnesses.

Dr. Hobson is a sought-after speaker and writer on the topics of healing and hope. She has been featured in numerous media outlets, including The New York Times, The Washington Post, and The Huffington Post.

Good Medicine To Make Your Heart Glad is Dr. Hobson's first book. It is a deeply personal and inspiring account of her journey of healing from cancer. The book is a testament to the power of hope and the human spirit.

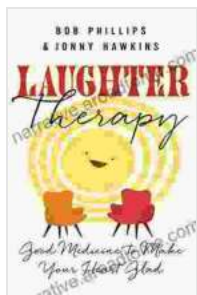
## **Reviews**

"Good Medicine To Make Your Heart Glad is a must-read for anyone who is facing adversity. Dr. Hobson's insights are invaluable, and her story is both inspiring and comforting." - Debbie Ford, author of The Dark Side of the Light Chasers

"Good Medicine To Make Your Heart Glad is a powerful and moving book. Dr. Hobson's journey of healing is a testament to the human spirit. This book will give you hope and inspiration, no matter what you are facing." - Dr. Bernie Siegel, author of Love, Medicine & Miracles

"Good Medicine To Make Your Heart Glad is a beautiful and wise book. Dr. Hobson's insights on healing and hope are invaluable. This book will

change your life." - Marianne Williamson, author of A Return to Love



## Laughter Therapy: Good Medicine to Make Your Heart

**Glad** by Jonny Hawkins

★★★★☆ 4.4 out of 5

- Language : English
- File size : 36636 KB
- Text-to-Speech : Enabled
- Screen Reader : Supported
- Enhanced typesetting : Enabled
- Word Wise : Enabled
- Print length : 175 pages
- Lending : Enabled



## Unlock Your Creativity with Adobe Photoshop Elements 2024: Your Guide to Classroom Mastery

Embark on a Visual Journey with Adobe Photoshop Elements 2024  
Welcome to the realm of digital image editing, where creativity knows no bounds. Adobe Photoshop Elements...



## Get Help To Cure Your Insomnia

Insomnia is a common sleep disorder that can make it difficult to fall asleep, stay asleep, or both. It can be caused by a variety of factors,...