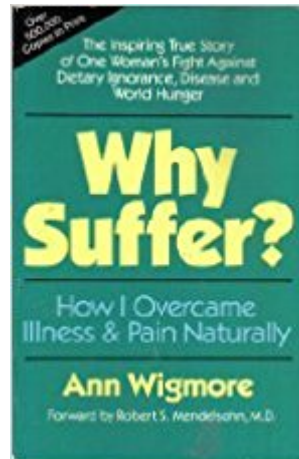




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# Why Suffer?: How I Overcame Illness & Pain Naturally



## Synopsis

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

## Book Information

Paperback: 182 pages

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## Customer Reviews

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

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.

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

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!

This is the auto-biography of Ann Wigmore. I go back and reread it every once in a while so I don't forget the outstanding helpful things in the book.

Great reading! Very informative.

I enjoyed reading this book so much. The style it is written in and the personal experiences made it a great read.

Wonderful book!

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!

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