



Love Trumps Fear: 8 Medical Insights to Heal Your Heart and Transform Your Health

Patty Morell Bilhartz MD MPH

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In a heartfelt and personal exploration of the benefits of fearless, compassionate living, physician and preventive health specialist Dr. Patty Bilhartz shares 8 healing practices that have the power to revolutionize our lives. Combining insights from Western medicine and Eastern energy traditions, Bilhartz summons us to experience optimal health and fulfillment as she encourages us to let go of fear and embrace love.

Discover the 8 Medical Insights:

1. Safety and Security: Recognizing I Am Enough
2. Pleasure: Experiencing Balanced Hormones
3. Abundance: Embracing Compassionate Living
4. Love: Outshining the Shadows of Depression and Anxiety
5. Truth and Forgiveness: Making Peace with Chronic Pain and Illness
6. Clarity: Choosing Nurturing Thoughts
7. Guidance: Finding Your Center
8. The Flow: Reframing the Impostors of Good Luck, Bad Luck

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