

If the Mountains of Misery block your start/ my advice - don't strain your heart/ don't climb over the snowy crest/ an easier path is always best. The answer to the challenge is easy to see/ a canyon-shaped therapy is the key.



Your sense of direction/is always true/you can feel your way/life is your clue.



If a Forest of Symptoms/ has you lost/then find your way out/ at any cost./ If you can't see/ the forest for the trees/finding the source/will be the key./ Then with great ease/matching a therapy/you'll find is a breeze.



You'll know when you've found one/by the light that will show/not over your head/in your heart it will glow.



The Quicksand of Pain /can swallow you whole/so be quite careful/wherever you stroll./ If you find yourself/sinking in pain/breathe slowly and deeply/and use your brain. / Move slowly and carefully/ towards your goal/soon you will find/ you're out of this hole.



Keep an eye out/ for the Pit of Despair/watch out for this hole/with each step take care./ Give yourself time/healing naturally is slow/but whatever it takes/it's the best way to go.



To follow your path/you will always find/ walking in sunshine/helps all mankind.



The River of Renewal/flows across the land/from the rapids of advice/to the ocean's warm sands./ Plot your course with great care/and soon you will find/a destination of better health/for body and mind./ Friends and family may drown you with advice/but avoid the rocks, don't pay the price. / Instead steer with care/keep an eye on the shore/and soon you will find/great health is your score.



An ocean of opportunities/is what you will find/as you progress down your path/in body and mind. / Health and vitality/joy and much more/are patiently waiting/it all can be yours .



The Latitude of Attitude/can shape your life/if you think it's terrible/it'll be filled with strife. /On the other hand/if you cherish each day/the very best of life/you'll find on your way.

The Longitude of Longing/gets us out of bed each day/people need to be wanted/in some special way./ Work, volunteer or serve/the choice is yours to make/the pleasure and joy of people/will be yours to take.

In the State of Awareness/life can be good or bad/everything that happens to us/can make us happy or sad. /We can't control what happens/to us every day/but we do decide our reaction/ and the price that we will pay.



The Street where you live/where you spend each day/should be noticed and cherished/not ignored in any way./ Autopilot can be deadly/if it lets your time slip by/be mindful of each moment/and your spirit will be spry.



The Highway of Health/can be your path to hope/riding down this road/can help you learn to cope./ Whether straight or curved/drive carefully all the time/watch out for hidden dangers/ remember speeding is a crime.



What are your historical markers/along your path of life? / Do they celebrate victories/or simply mark your strife?/ Each marker is a seed/growing more of the same/be mindful of your life/find joy instead of blame.



In early days of travel/a compass was like magic/ignoring its directions/could often be quite tragic./ For your health and well-being/the direction you take today/can also guide you safely/along a path that will pay./ Magnetism is just energy/one of many types/energy that can heal you/is one that you will like.



Everyone on planet earth/wants better health today/the problem is what kind of price/that each is willing to pay. / Most want fast answers/so let someone else decide/my time is too important/I'd rather run and hide. / Responsibility is scary/but you know it's true/the decisions you make for yourself/are always the best for you.



Spirit or energy/it's hard to decide/whatever your choice/Be your own guide./ Matter or spirit/maybe it's both/our religious convictions/add to our growth.



A map can only guide you/as far as you're willing to go/the health that you're looking for/ is something you can know./ Now that you've drawn one/with lines and directions/the help and therapies you choose here/will empower your perfection.



To solve a puzzle/ it's always wise/to find a corner piece/ of any size. /The first one is easy/ it's one we all know/eat well for good health/the results always show./ Start with more vegetables/ and more fresh fruits/on these we agree/they are your best routes. /Add more fish/subtract red meat/ down your path to health/you'll be quite fleet.



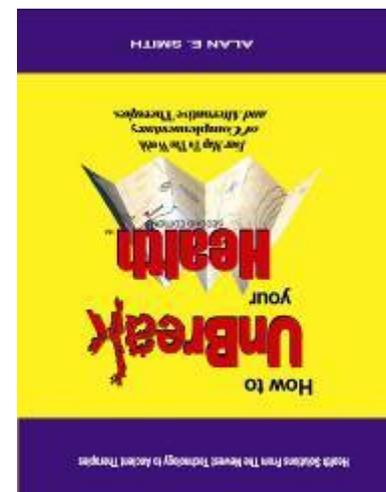
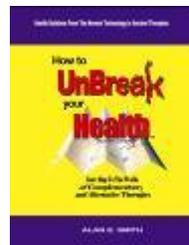
The second corner piece/of a healthy life/relieves stress and anxiety/reducing our strife. /Meditation or prayer/there are others you can choose/the benefits are many/and your anger you will lose.



The third cornerstone/is social interaction/ connect with real people/for increased satisfaction./ Online social groups/can take a lot of time/but real human connections/are much more sublime.

The fourth corner you need/the last one in this game/is people who keep moving/have better health to claim./ Energy does not sit still/it's always on the move/even if it's just a rocking chair/your health it will improve.

**Learn all about how to use your map to find better health!**



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