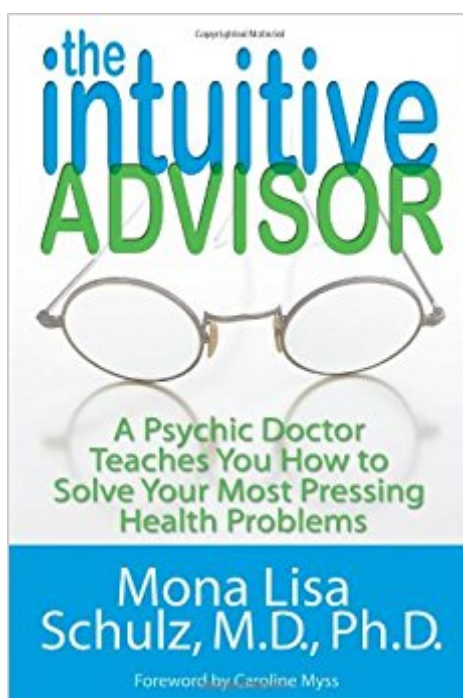


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# The Intuitive Advisor: A Psychic Doctor Teaches You How To Solve Your Most Pressing Health Problems



## Synopsis

Whether it's the loveless marriage, family frustrations, the dead-end job, or all the other stressors that result in a health issue that won't go away, most people have some prototypical problem that has caused them to get stuck in a rut and feel lost and confused. . . . And in just about every city or town, you can find a psychic advisor who will offer to advise you about these topics . . . often for a hefty sum of money. But these types of "fortune tellers" give you only limited advice—more like a weather report. They tell you if things will get better or get worse, whether the boyfriend or girlfriend you just broke up with come back, whether that check you've been waiting for will be in the mail, or whether your loved one's health will improve. All that's left is for you to go home and wait for things to happen. Well, there must be a better way to learn how to deal with issues that affect your health . . . and there is! In this enlightening book, Mona Lisa Schulz, M.D., Ph.D., shows you how to combine intuition with intelligence to solve your most pressing health problems. But she's not your run-of-the-mill intuitive. Described as a psychic doctor with humor, solutions, and credentials, Dr. Mona Lisa gives you no-nonsense, grounded, practical, in-your-face solutions on how to fix the relationship, or job/family/physical/emotional problem. She also explains how to deal with many ailments that affect your well-being, including fatigue, allergies, skin problems, weight, digestion, depression, anxiety, and much more. By mastering the "7 Rules for Intuitive Health," you can learn to intuitively conquer pain and suffering and create a life filled with health and happiness.

## Book Information

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## Customer Reviews

Mona Lisa Schulz, M.D., Ph.D., is a neuropsychiatrist, physician, and medical intuitive; the author of *Awakening Intuition*, *The New Feminine Brain*, and the *Mind/Body Makeover Cards*; and the host of *Intuitive Health with Dr. Mona Lisa* on Hay House Radio. She is also an assistant clinical professor of psychiatry at the University of Vermont College of Medicine.

I really disliked this book. Author does what any medical Dr does and puts people into a specific group based on an illness. Everyone in the alternative care field knows that this does not work. She even goes as far as to group people by polar opposite personality traits. Most people fall between the two extremes and this type of thinking just causes wrong assumptions. When I got to the 2nd chakra chapter, I quit reading. I just believe her beliefs are all wrong. I would never allow her to give me a medical intuitive reading.

If you have the interest in healing your body, or even to understand (on an emotional or energetic level) WHY you have physically developed a particular issue I would highly recommend this book. The author comes across as being very down to earth, and easy to learn from. Actually, I don't understand the negative reviews here. After reading them they seem like they are coming from a desire to personally bash the author. It's a shame if a personal issue has leaked its way onto attempting to discredit someone on a professional level like that. Good luck to everyone reading this review on your journey toward healing. Love and light to you all. I highly recommend this book as well as listening to her free radio show on hayhouseradio.com, and also to find a GOOD acupuncturist and Chinese herbalist. The advice that the author gave me in a reading was absolutely life changing for me. My health has completely transformed within 3 months, and I will always be grateful.

Mona Lisa gives us a good look at different chakra holding patterns from a modern archetypal perspective along with some advice on how to release and heal those patterns. She acknowledges the use of modern medication with cognitive behavioral therapy and other exercises/lifestyle changes for a fully open minded view of what it means to heal a whole person. The only thing I don't really like about this book is the repetitive nature of certain parts. The only reason I can think to do this is for people who don't read the whole book at once, so they can focus on the areas they feel

like they need to work on first (in which case it would be a plus) and not get lost in references to things already covered in other chapters of the book. Everything considered, if you are a layperson learning about intuitive pathwork and healing, this book is a must read.

The book is - adequate. Anecdotes about composite clients and personal experiences abound with a smattering of theoretical framework here and there. I immediately regretted buying the Kindle version, however, because it has none of the graphics of the original work, which are somewhat important.

Recently I've gotten very curious about the chakra system and the associated illnesses that manifest when you hold an emotion, belief or lifestyle that is in violation of one of them. Eventually an unbalanced chakra shows up in your life. This book is great for learning more about that. I appreciate the case studies because you can look at a list of this information, but in the end, how does it apply to real life? That is answered here. I highly enjoyed this layout and the case studies, plus the authors developed sense of humor.

This is a great book. I love Dr Mona Lisa Schultz's teachings, humor, and her heart! This woman is brilliant AND I do believe she can read minds now. I tested her at one of her workshops and while she taught, she slipped out the answers to my question. She has the great gift of humor as well! I encourage you to go outside the box (which is really inside the box) and explore all of her books, go to her workshops, listen to her radio show, and have a private session with her! What experiences you will have! It is due to my exploration that has led me to greater health in all ways! This book was great! It's a great tool to intuitive healing! Thank you, Dr. Mona Lisa, for sharing your knowledge with all of us!

I would recommend this book to those that are wanting practical information about chakra healing. It is chock full of info on how to tell what symptoms are connected to specific chakra imbalances. The author is definitely an East Coaster, in-your-face-but-you-like-it-anyway style of writing. I like the charts and how the book is organized so you can start with your own problem areas if you like. This author is more edgy than other feel-good self-help authors; what she doesn't have in gentleness, she makes up for with science and a solid academic background.

One of the clearest and most actionable of these sorts of books that I've read, and I've read many!

Like others, I was hesitant to even try the book after actually speaking with the woman, but the book is actually quite good and well worth the read and reference.

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