



An Unlikely Path to Wellness

By Paula Gil

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After the birth of her son, Paula's health spiraled out of control. What should have been the most inspired and joyous time in her life turned into a living nightmare. Plagued by debilitating anxiety and panic attacks, she desperately searched for answers.

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Editorial Review

About the Author

Paula continues to nurture and build her wellness team. She remains focused and dedicated to her spiritual journey and to her path as a Healer. She firmly believes that healing and learning are synonymous. Her life and work are guided by this belief. P

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