

# An essential tool for challenging the myths of aging...

## The right reference book

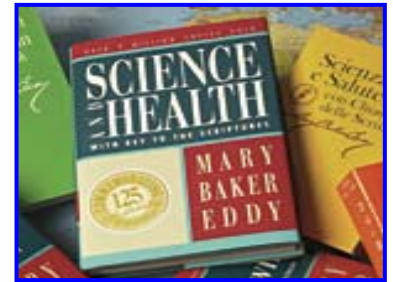


"Forty years ago *Science and Health* healed my grandmother and my mother of chronic ailments. Next I read it and was healed of severe migraine headaches and multiple warts on my fingers. I've been reading it ever since. The book has shown me how to be well and stay well, given me peace of mind, and helped me lead an active, useful life. It's my reference book for spiritual self-care and healing." [Beverly Goldsmith](#), Brisbane, Queensland. Australia

## The Book and Its Author

### *SCIENCE AND HEALTH* shows,

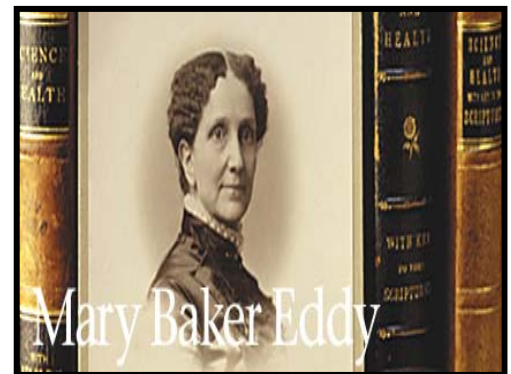
- How to maintain one's independence and service to the community.
- How to live a happy, healthy, and secure life.
- How to lead a life enriched by spiritual growth and physical well-being.
- How spiritual healing works, the mind/body connection, and the relationship that exists between understanding one's spirituality and feeling useful, whole, and well.
- Explore the ideas in *Science and Health* online. [www.spirituality.com](http://www.spirituality.com)



### **MARY BAKER EDDY** - [1821-1910]

- Discovered a spiritual approach to self-care and healing. Chronically ill since childhood, in her mid 40's she had a revelatory experience. It altered the course of her life and of the world around her. The spiritual insight she gained restored her to health and launched her into a career of healer, author, teacher, lecturer, editor and publisher. She became one of the most well-known and influential women in America of her time.
- Through her life experience she contributed to her own well being and that of people around the world.
- Is included in the American National Women's Hall of Fame.
- Explore her ideas, life, and achievements through

The Mary Baker Eddy Library for the Betterment of Humanity. [www.marybakereddylibrary.org](http://www.marybakereddylibrary.org)



## *SCIENCE AND HEALTH* - A HISTORY OF SUCCESS

- Relied on by countless seniors and their families around the world for the last 125 years.
- Over 10 million copies sold. Translated into 16 languages.
- A consistent best-seller by a woman "whose words have changed the world" - *Women's National Book Association* [USA].
- Used and recommended by health care professionals.
- On the suggested reading list at Harvard Medical School's Symposium, "Spirituality and Healing in Medicine".