



# **Six Months to Live...: ...my cardiomyopathy story of mind over medicine**

*Margot Maurice*

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Margot Maurice attributes her management of cardiomyopathy, a life threatening illness to several different things: A combination of traditional medication, complementary therapies, strength of mind and a belief in her inner voice.

This is the story of her journey with a life threatening illness. She demonstrates that positive thinking helps with any major life changing incident.

She says, "It is said that everyone has an inner voice... most people just ignore it but it has a purpose. If you listen to that inner voice, you can leave fear and anxiety behind. You can be guided towards an experience of ease and flow, you can open up your eyes, ears and heart to new and wondrous things, just by listening."

After outliving her original prognosis she really proves that it has totally been a matter of mind over medicine.

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