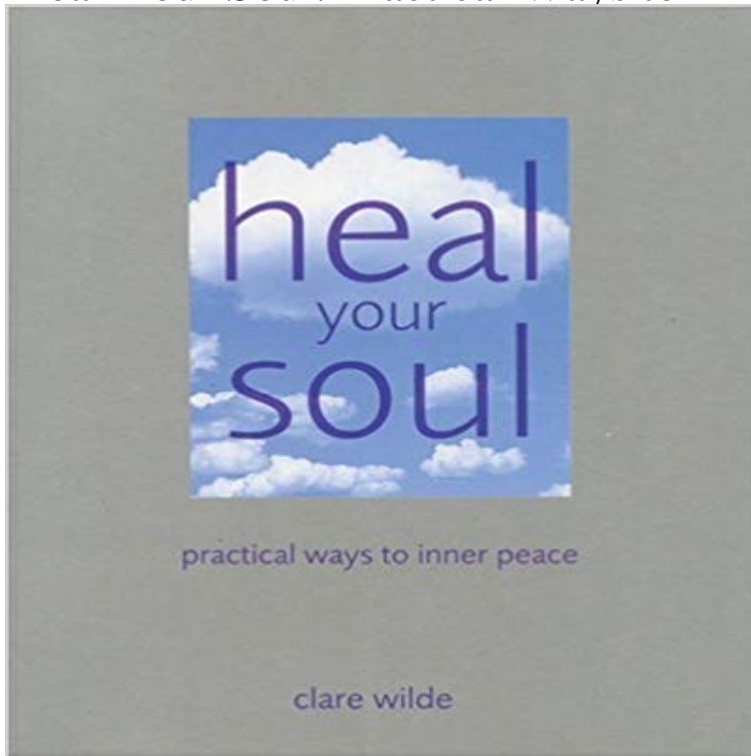


Heal Your Soul: Practical Ways to Inner Peace



Wherever you are in your life, this book has something to offer you. Whether you're trapped in a cycle of self-defeating behavior or simply feeling that something is missing, here are practical steps you can take to help put things right. The simple methods that can be used to release healing energy are explained in down-to-earth detail. Learn how to use self-observation, meditation, dreams, and visualization as effective ways to inner peace, or explore the techniques of energy medicine, such as crystal therapy and flower remedies. Try healing with oils or using the energy of colors, foods, or sound to effect change in your life. Whatever methods you choose, *Heal Your Soul* can be your daily guide to inner calm and well-being.

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