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## Intuitive Self-Healing: Achieve Balance and Wellness Through the Body's Energy Centers (Paperback)

By Marie Manuchehri

SOUNDS TRUE INC, United States, 2012. Paperback. Book Condition: New. 201 x 132 mm. Language: English . Brand New Book. Even the doctors and the most sophisticated tests can't always find the source of a health issue, but there is one authority that always knows-your own body. We intuitively perceive what we need for physical, emotional, and spiritual healing, teaches Marie Manuchehri. The biggest challenge for most of us is learning to trust our inner guidance. With Intuitive Self-Healing, this registered nurse and renowned energy healer provides accessible instruction for helping you tune into your health at a deeper level. Offering a compendium of illuminating case studies and practical self-care techniques, Marie invites you to learn more about: ? The chakra system-how to access and activate seven energy centers that hold the key to our wholeness and intuitive gifts ? A chakra-by-chakra examination of specific health and emotional issues, with easy self-assessment quizzes ? Energetic preventative care-detecting and addressing potential health problems before they physically manifest ? Hands-on tools for accessing intuition, including one-minute exercises to ground and balance your energy-anywhere ? Your intuitive style-how to discover your unique strengths for reading and working with subtle energy Through her...



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