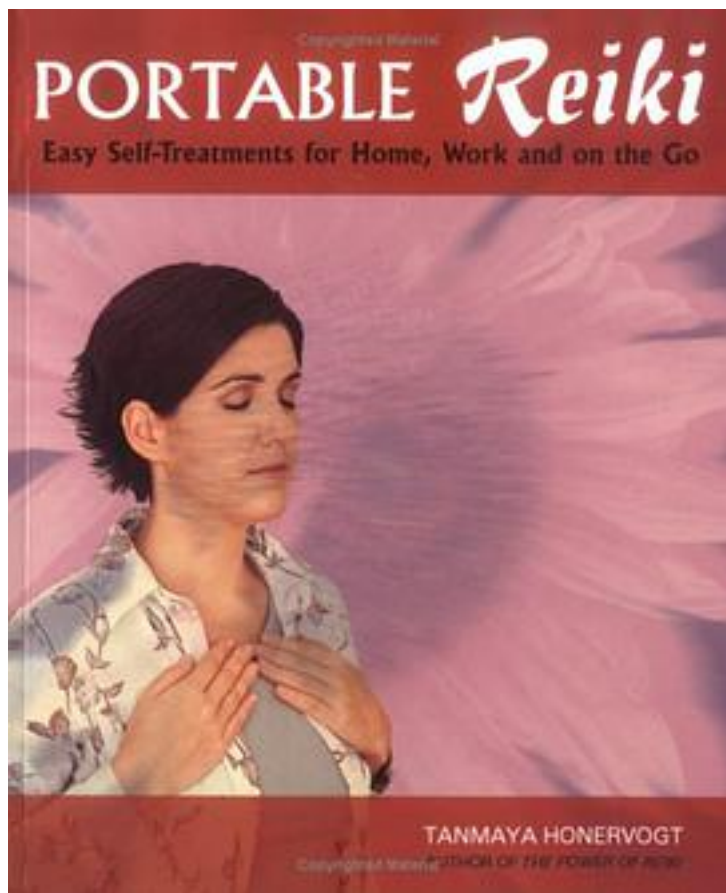


# Portable Reiki



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出版者:Transition Vendor

出版时间:2006-1

装帧:Pap

isbn:9781569755297

Portable Reiki presents do-it-yourself, step-by-step treatments for quick, effective Reiki healing -- anytime, anyplace. The book's easy-to-learn, easy-to-use system is specially designed to help busy people release stress, improve health and restore personal energy.

No matter how hectic one's day or where one is, Portable Reiki can help. The book's self-healing therapies show how to balance chakras first thing in the morning, calm emotions while stuck in traffic, release stress while at work, think clearly during a meeting, relieve headache pain, overcome post-lunch fatigue, let go of worries to regain your focus, find compassion while interacting with others, banish cold and flu symptoms, soothe strained shoulders, wind down at the end of your day and relax body and mind to fall asleep.

作者介绍:

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