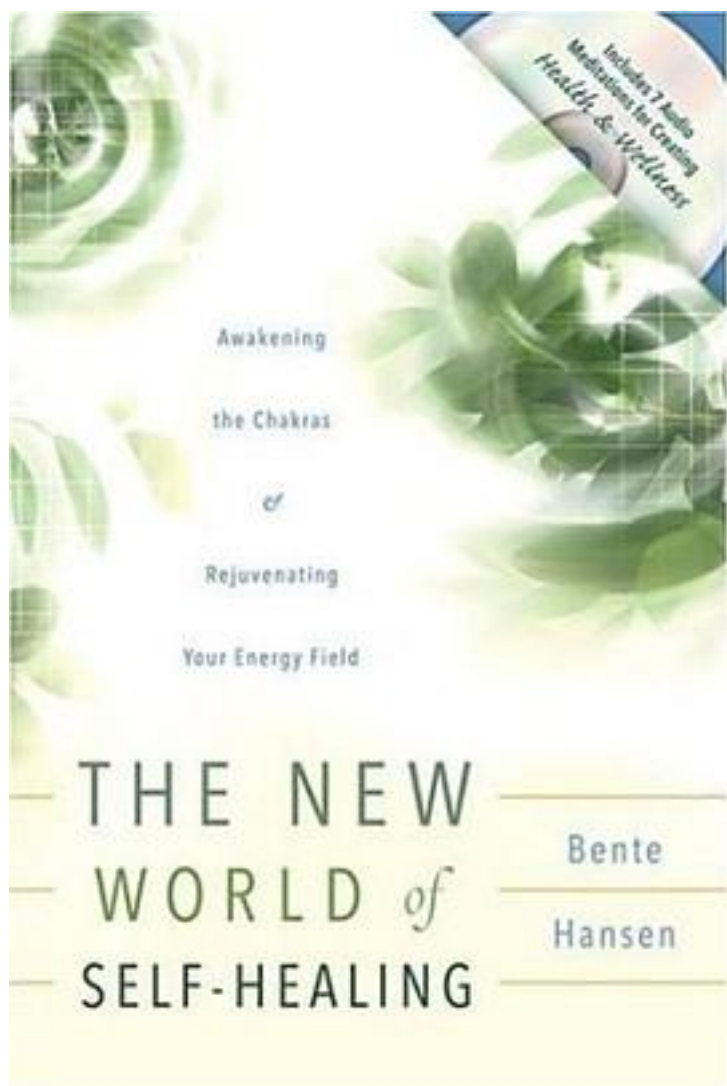


The New World of Self-healing



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Could natural foods, self-nurturing, a positive outlook and heartfelt spirituality really make a difference in our health? Bente Hansen's exciting new guide to wellness prescribes a holistic approach that emphasises health on four levels: physical, mental, emotional, and spiritual. From chakras and energy healing to diet and exercise, the author explores many ways to promote wellness in our everyday lives. Readers will learn about the unique energy field surrounding each one of us, and how to avoid disease and illness by maintaining its dynamic structure. Hansen also examines the benefits of meditation, positive belief patterns, sleep, organic foods, inner peace, overcoming fear, appreciating inner beauty and connecting with nature. A CD of easy exercises and meditations is also included.

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