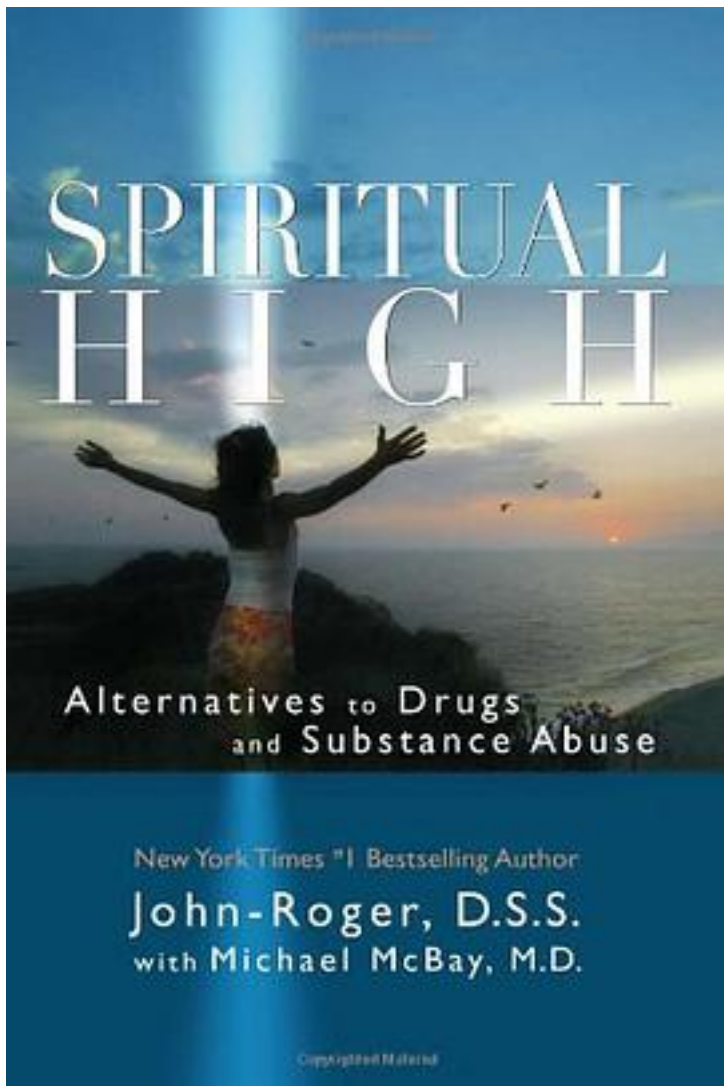


Spiritual High



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Providing clear, useful, and nonjudgmental information, this revised and fully updated handbook describes some of the effects drugs can have on the human body, mind, emotions, and unconscious. Simple and healthy alternatives to consciousness-altering substances, including hallucinogens, uppers and downers, marijuana, cocaine, and alcohol, are offered to those wishing to break away from drug use. For those seeking to experience higher, more enlightened levels of consciousness, this guide offers methods that can give lasting and uplifting results, including spiritual exercises, sacred tones, keeping a journal, and exploring one's spiritual heritage.

作者介绍:

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