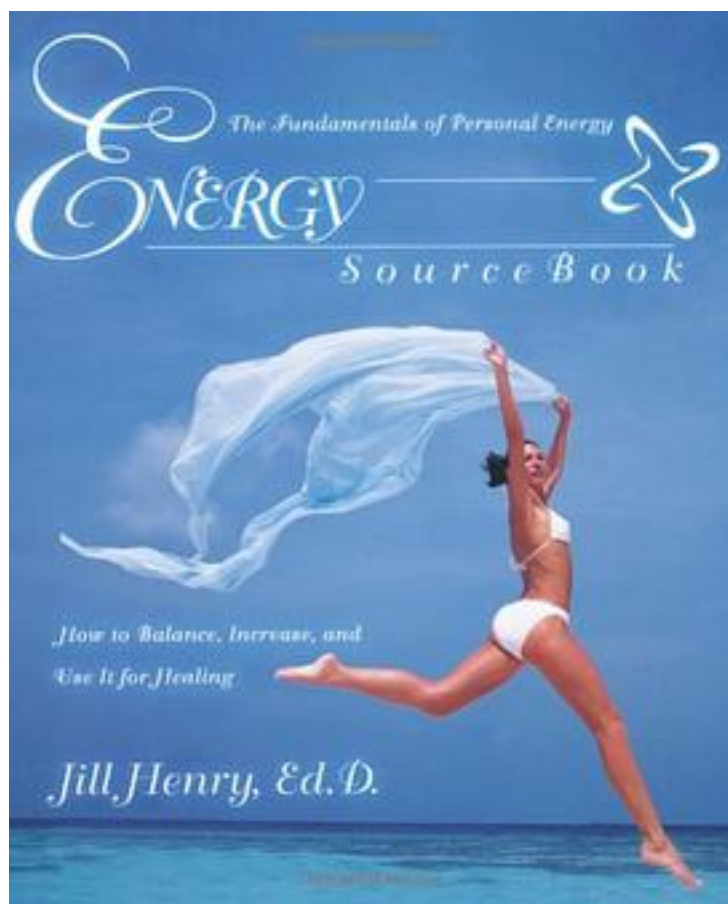


# Energy Sourcebook



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著者:Henry, Jill

出版者:

出版时间:2004-7

装帧:

isbn:9780738705293

Discover how energy flow is a source of physical health, prosperity and happiness. Jill Henry describes how energy manipulation is a terrific tool for self-healing and transformation. She discusses several energy theories in depth, spanning meditation, polarity energy balance, and Chakra work. The Energy Sourcebook also teaches the

techniques behind the theories, offering more than 150 simple exercise and activities.

作者介绍:

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