



Crystal Healing (Essentials (Foulsham))

Cassandra Eason

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Cassandra Eason has produced another winner with this book from Foulsham's classic "Mind, Body and Spirit" series. She provides the complete primer to a hugely popular source of self-help and spiritual healing, taking the reader step by step through the how and why of using crystals to manage health and spiritual well-being. It covers everything from choosing the right crystals to programming their healing power for people and pets, plus the fascinating history of crystal healing - from its earliest recorded existence around 2500 bc through to the present day - and handy reference lists of further reading and crystal suppliers world-wide. This is a book that has been custom-made for all crystal lovers in a modern world.

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