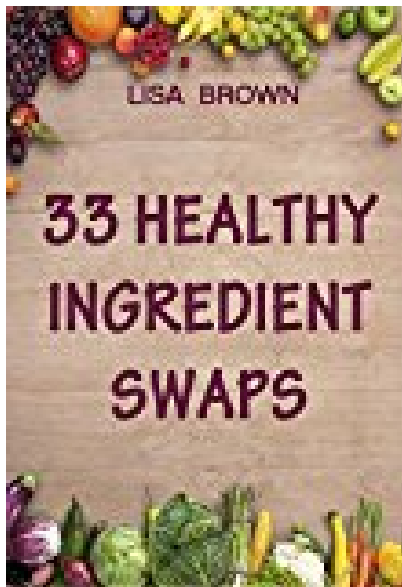


33 Healthy Ingredient Swaps Swap Your Favorite Recipes With Nutrient Dense Superfoods To Create Delicious Healthy Alternatives



BOOK DETAILS

- Author : Lisa Brown
- Pages : 40 Pages
- Publisher :
- Language : English
- ISBN :

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BOOK SYNOPSIS

Millions of people worldwide have already benefited from the healing practice of Reiki. With the help of this introductory Reiki book, you can learn the basic principles of this simple, yet profound system for healing and spiritual growth that works on an energetic level. Make the most of Reiki from a practical point of view as you explore its spiritual essence: Heal yourself and others physically, mentally, and emotionally Develop compassion and wisdom Heal plants and animals Resolve relationship issues at work or home Complement and strengthen other therapies Send healing energy to local or world situations such as war, natural disasters, crime, or poverty Be blessed, guided, and protected Winner of the Coalition of Visionary Resources (COVR) Award for Best Alternative Health Book

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