

Holistic Wellness In The NewAge: A Comprehensive Guide To NewAge Healing Practices (The NewAge Book Book 1)

By Bruce Lipton, Rob Williams, Bryant Meyers, Walter Jacobson, Mandy Peterson, Atmayogi Shri Aasaan Ji, Suresh Padmanabhan

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A Comprehensive Guide To NewAge Healing Practices Tools, Techniques & Real Life Stories By Over 45 Accomplished Master Facilitators In the book "Holistic Wellness In The NewAge" we showcase various therapies in the Mind, Body & Soul domain... This book covers the various topics of Holistic approach to wellness and the subject of energy medicine. We invited articles from accomplished healers who have been practicing various NewAge Therapies to contribute with articles supported by testimonials and personal experiences in whatever therapy they excel in.. The book contains articles from the following masters & facilitators:- Bruce Lipton Padma Bhushan Dr. B.M Hegde Robert . M. Williams Rita Soman Dr. Paula Horan Bryant Meyers Hermina Danneil Dr. Walter Jacobson Dr. Ravinder Tuli Suresh Padmanabhan Lakhvinder Babbu Gill Bindu Maira Shalin Khurana Dr. Rangana Rupavi Choudhry Naveen Varshneya Nishant Dr. Deepika Sanghi Gupta Smita Wankhade Jane Kirby Rucsandra Mitrea Minal Arora Dr. Ashish Paul Archna Mohan Meenakkshi Jain Neha Patel Aryanish Patel Nandini Gulati Preeti Subberwal Rashminder Kaur Dr. Saloni Singh Dr. Amit Nagpal Suzy Singh Ashok Angrish Susan Chopra Theressia Eggers Tarini Khetarpal Seema Sharma Mandy Peterson Dr. Sukhbinder Sibia Amarjeet Singh Narula Anjali Chawla Bhavya Gaur Atma Yogi Shri Aasaan Ji Aasha Warrier Ritambhara Nand Nidhi Chauhan Sharma

The book Holistic Wellness in the New Age is literally a Healer's Handbook! Ever wondered what all alternative therapies are about? There are so many to choose from... Which one is really for you!? There are many misconceptions and myths related to each of them that it creates only confusion in the seeker's mind. In this world of New Age, where half of the "healers" are looking for a quick money-making solution, we bring you a genuine informative guide of healing modalities and therapists by the means of this book.
Starting with an insightful article by PadmaShree Dr. B.M. Hegde about Wellness VS. Illness, the book kickstarts into a series of motivational articles and therapies. There are four major categories in this book-
The Wellness Approach-includes manifesting your dreams into reality,

willingness of personal growth, power of forgiveness and even magical prayer of hoponopono

The Belief Approach- includes origin and history of belief, the journey of Psych-K, harnessing the universal energy of Reiki, Theta Healing, aura healing, EFT and articles on physical fitness!

The Body Approach includes ozone therapy, benefits of PEMF, crystal healing, importance of our own breath and food, manifesting money and healing bodily issues by acupuncture and ECP.

The Being Approach includes exploring hypnotherapy, Past life regression, practical tips using FENG shui, colour therapy and so on.

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