


# The Book of Chakra Healing

*By Liz Simpson*

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Restore your optimal physical, emotional, and spiritual self! This ancient Indian system of healing focuses on energies originating in seven centers of the body. Dip into this colorful feast of ways to work on your chakras, using associations, crystals, meditation, visualization, foods, music, and exercise. Each chakra has its chart of correspondences, with color, key element, fragrances, and physical and mental functions. See how other healing disciplines incorporate chakra therapies.

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## Editorial Review

About the Author
Liz Simpson is a journalist and author specializing in alternative health and personal development. She writes regularly for many leading national and international magazines and has worked as a producer and presenter on a wide variety of television and radio programmes. She is the author of the highly acclaimed title The Book of Crystal Healing, also published by Gaia Books.

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