

*Be Your Own Spiritual Nurse*, by Dr. Trudy Dintzner, is both an informative and inspirational journey into the healing process. Although written for nurses by a nurse, this book is packed with gems for everyone. Beautifully illustrated with a rich narrative, this is a book you'll read time and again. Highly recommended.

**Eldon Taylor PhD, FAPA, New York Times bestselling author of  
*Choices and Illusions***

## Have you ever realized YOU are a nurse?

Caring for a friend or loved one in need qualifies you.

Florence Nightingale, the founder of modern nursing, taught that everyone must, at some time or other in his or her life become a nurse.

A nurse strives to bring back into balance the distorted energy of illness and injury – be it physical, mental, emotional, or spiritual – to make everything better. Learning about the chakras helps the caregiver, nurse and loved one alike, to develop skills to recognize and understand their patient's needs throughout the healing process.

While this book focuses on the professional nurse in a hospital setting, the concepts and insights can be applied to anyone anywhere, because part of being human is the caring of one person for another.

A nurse who's written a book on Chakras...now that is something you don't see every day. Trudy has taken a little known topic and made it not only interesting but also actionable. If alternative, spiritual energy, and traditional Western medicine integration are topics of interest to you...this book will give you insights to help you on your quest for truth within these areas. Enjoy!

**Elaine Wilkes, Hay House author of *Nature's Secret Messages: Hidden in Plain Sight***



BE YOUR OWN *Spiritual Nurse*

# BE YOUR OWN *Spiritual Nurse*

Healing Through the Chakras



TRUDY R. DINTZNER PhD, RN

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