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The Good Energy Book: Creating Harmony and Balance for Yourself and Your Home

By Tess Whitehurst

Llewellyn Publications, U.S. Paperback. Book Condition: new. BRAND NEW, The Good Energy Book: Creating Harmony and Balance for Yourself and Your Home, Tess Whitehurst, This gem of a book teaches you how to become a fountain of good energy and how to use that energy to increase your intuition and magical power. It also reveals how you can establish lifelong habits and perspectives that allow you to live happily and attract all good things. Popular author and columnist Tess Whitehurst presents a holistic system for keeping your energy positive and traversing any place, situation, or challenge with confidence, clarity, and grace. She shares fun and effective techniques that draw from both the physical and energetic realms, telling you not just what to do, but also why you're doing it and even how it works. This way, you become your own magician, healer, space clearer, and shamanic practitioner.



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