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The Crystal Healer: Crystal Prescriptions That Will Change Your Life Forever

By Philip Permutt

Ryland, Peters & Small Ltd. Paperback. Book Condition: new. BRAND NEW, The Crystal Healer: Crystal Prescriptions That Will Change Your Life Forever, Philip Permutt, Crystal therapy has long been used as a gentle system of holistic healing. By drawing on the unique qualities of crystals such as quartz and amethyst, you can balance the energy fields around your body, home and office to bring well-being, and gain health benefits. Crystals can help soothe emotional problems such as anxiety, mood swings, or shyness, as well as physical symptoms such as migraines and allergies. In addition, crystals can act as natural energy boosters and aid in detoxifying our systems. With crystal remedies for more than 250 common ailments and a directory of 250 crystals, as well as detailed explanations of the most effective healing methods, this book is the ultimate guide to healing with crystals. Illustrated with colour photographs, and supplemented with practical exercises and case studies, "The Crystal Healer" is the ultimate practical reference from a highly respected healer and teacher.



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