



The Inside-Out Makeover: (Ten Tools for Inner Balance)

By Andrea Clark

iUniverse, United States, 2005. Paperback. Book Condition: New. 226 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.Acupuncture, Homeopathy, Yoga and Meditation: what could they possibly have in common? Each has the ability to bring those who receive them to a deeper sense of inner balance, contentment and self-acceptance. The road to perfection is strewn with makeovers gone bad. Although perfection is the goal, outer change may not be the way to achieve it. Altering small pieces of the outside often leaves the inner self unchanged. In an easy to understand question and answer format, The Inside-Out Makeover introduces ten tools which, when used alone or in combination, allow the participant to achieve permanent inner transformation. A new, more positive perception of the world begins to emerge when healing the whole self becomes the goal. The need for outer perfection is not so important when inner contentment reigns. Discover ways in which counseling releases you from negative patterns; acupuncture and homeopathy dig to the root of the problem to cure chronic illness; herbal remedies release deep-seated toxins. Share in case studies which demonstrate clients personal journeys to inner health. Use the resources to delve deeper...



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-- **Germaine Welch**

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