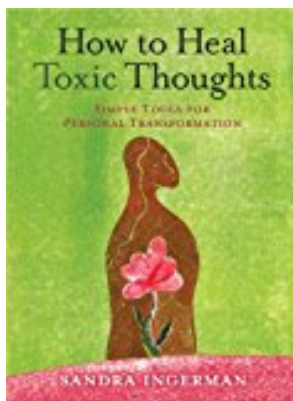


[PDF] How To Heal Toxic Thoughts: Simple Tools For Personal Transformation

Sandra Ingerman - pdf download free book



Books Details:

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Description:

From Publishers Weekly Readers with an open mind will find much to reflect on in the latest psycho-spiritual self-help guide from Ingerman (Soul Retrieval), who provides ways to "manifest positive energy and power in your life" with simple, straightforward writing touched by occasional poetic flourishes. Ingerman pulls ideas from a number of disciplines-including meditation, psychotherapy, shamanism and quantum physics-to formulate methods for combating fear and

frustration, which may initially confuse readers; it's this broad reach, however, that keeps the book firmly grounded in a number of different belief systems, allowing for a flexible approach. Sprinkled with short assignments ("take at least a fifteen-minute walk a day; it will clear your head and move the oxygen in your blood") and fable-like stories, Ingerman's creative, multi-pronged plan for healing is gentle, practical and encouraging, making it a fine resource for the overstressed.

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About the Author Sandra Ingerman is the author of *Soul Retrieval: Mending the Fragmented Self* (Harper San Francisco 1991), *Welcome Home: Following Your Soul's Journey Home* (Harper San Francisco 1994), *A Fall to Grace* (Moon Tree Rising Productions 1997), and *Medicine for the Earth* (Three Rivers Press 2001). She is also the author of "The Beginner's Guide to Shamanic Journeying" and "The Soul Retrieval Journey" lecture programs and the book and CD program *Shamanic Journeying: A Beginner's Guide*, produced by Sounds True.

--This text refers to the edition.

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