



The Healer's Manual: A Beginner's Guide to Energy Therapies (Llewellyn's Health and Healing Series)

Ted Andrews

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Noted healer and author Ted Andrews reveals how unbalanced or blocked emotions, attitudes, and thoughts deplete our natural physical energies and make us more susceptible to illness. *The Healer's Manual* shows specific techniques—involving color, sound, fragrance, herbs, and gemstones—to restore the natural flow of energy. Use the simple practices in this book to activate healing, alleviate aches and pains, and become the healthy person you're meant to be.

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