BODY, MIND AND SPIRIT: A New You
Books to help you strengthen your body, open your mind and enhance your spirit.

Ayurveda Wisdom / Cybele Tomlinson / R605 .T66 2002 Science Collection, Level 4 / An accessible guide to an ancient Indian healing system that promotes using natural means to maintain a balanced life. This book explains the history of the tradition, describes the body types (Vata, Pitta, and Kapha), and explores Ayurvedic healing practices, meditation practices, and remedies for common ailments.

Bach Flower Remedies for Beginners: 38 Essences That Heal From Deep Within / David F. Vennells / RX615 .F55 V46 2001 Browsing Collection, Level 3 / Flower remedies are a safe and gentle form of alternative healing. They cannot harm—they only heal. In fact, they can even be given to children, animals, and plants. This comprehensive guide to the Bach Flower Remedies includes: concise descriptions of the 38 Bach Flower Remedies, instructions for diagnosing imbalances and deciding which of the remedies is appropriate, directions for preparing your own remedies, and case studies from people describing the powerful effects of the remedies on their lives.

The Book of Chakras / Ambika Wauters / BF1999 .W38 2002 Browsing Collection, Level 3 / Understanding chakras is an effective first step in harnessing every human being's hidden life-changing energies and employing inner powers for spiritual and physical healing. The word chakra originated with the Vedic teachings of ancient India. It comes from the Sanskrit word for "wheel of light," and denotes the energy centers that exist in every man and woman. This book explores the nature of these energy sources, explains where they dwell in each of us, and instructs on how to use them.

The Everything Yoga Book: Improve Your Strength, Flexibility, and Sense of Well-Being / Cynthia Worby / RA781.7 .W67 2002 Browsing Collection, Level 3 / This book walks you through the basics of yoga and shows you exactly how to get started—from basic poses that will make you feel great to special postures for particular ailments. This easy-to-follow book features: simple relaxation and meditation techniques, practical tips on making yoga a part of your everyday life, soothing stretches for back, neck, and shoulder pain, energizing yoga poses, specialized programs for women, children, and seniors and more.


Homeopathy A-Z / Dana Ullman / RX76 .U467 1999 Science, Level 4 / A comprehensive, user-friendly guidebook that shows you how to use homeopathy to help heal common ailments. Numerous conditions—from allergies to warts—are discussed, along with the key remedies to consider for each one.

Life Light: Light and Colour for Health and Healing / Penny Stanway / RM837 .S73 2001 Browsing Collection, Level 3 / An accessible guide for lay readers that shows how to benefit from light in all its forms, including sunlight as well as electric, colored, ultra–violet, and laser light. It explains how light works and how we perceive it; makes sense of the confusion about whether sunlight is a friend or foe; and suggests practical ways of achieving the balance and intensity of
light and color that's right for you. The book also includes a comprehensive directory of light-responsive ailments, from eczema and anxiety to various cancers.

**Massage for Busy People: Five Minutes to a More Relaxed Body** / Dawn Groves / RA780.5 .G76 1999 Browsing Collection, Level 3 / With clear instructions and 30 photographs, this book describes various types of self-massage techniques for de-stressing and relaxing.

**The Power of Reiki: An Ancient Hands-On Healing Technique** / Tanmaya Honervogt / RZ403 .R45 H66 1998 Science Collection, Level 4 / The word “Reiki” describes the boundless universal energy that flows through all living things. This current works on mental, emotional, physical and spiritual levels, healing all types of pain and discomfort through relaxation and touch. This is a step-by-step, fully-illustrated handbook that introduces every aspect of Reiki to a Western audience.


**Tarot Made Easy** / Nancy Garen / BF1879 .T2 G42 1989 Browsing Collection, Level 3 / This unique guide makes the ancient art of tarot instantly accessible to everyone, whether beginner or expert.

**The Way of Qigong: The Art and Science of Chinese Energy Healing** / Kenneth S. Cohen / RA781.8 .C64 1999 Browsing Collection, Level 3 / Qigong, which literally means "working with the energy of life," is an integrated mind-body healing method that has been practiced with remarkable results in China for thousands of years. The Chinese have long treasured qigong for its effectiveness both in healing and in preventing disease, and more recently they have used it in conjunction with modern medicine to cure cancer, immune system disorders, and other life-threatening conditions. Qigong is a gentle yet rigorous program for working with our life energy through breathing and relaxation exercises, massage, visualization, meditation, and other natural methods.

**The Way of the Wizard: Twenty Spiritual Lessons in Creating the Life You Want** / Deepak Chopra / BJ1611 .2 .C48 1995 General Collection, Level 1 / This book presents twenty spiritual lessons that help the reader transcend ordinary reality by creating a shift in perception that opens the mind to the value of spiritual transformation in everyday life.

**When Things Fall Apart: Heart Advice for Difficult Times** / Pema Chodron / BQ5410 .C434 1997 General Collection, Level 1 / Pema Chodron, an American Buddhist teacher, shows that the secret to freeing oneself from pain is not to run from it, but to step right up to the uncharted territory of difficulty with friendliness and curiosity.

**Witch's Brew: Good Spells for Prosperity** / Brenda Knight / BF1558 .W57 2001 General Collection, Level 1 / Passion, health, fortune, and serenity, all are possible with the ancient wisdom of good witchcraft. Using readily available ingredients, this book shows how to weave spells, incantations, potions, and herbal and astrological lore into everyday life.

Joni Clayton, Marriott Library