



Sound Healing for Beginners (Paperback)

By Joshua Goldman, Alec W. Sims

Llewellyn Publications,U.S., United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. Learn how to energise and enhance your well-being on every level?physical, emotional, and spiritual?through hands-on exercises and guided meditations that provide direct experience with sound. As a therapeutic and transformative branch of energy medicine, sound healing offers powerful tools to tune up your health and wellness. Presenting a clear and solid foundation of core concepts, Sound Healing for Beginners shows how to apply innovative sound techniques to your daily life in order to balance your energy and manifest personal improvement. With chapters covering focused listening, the energetics of breath-work, activating your unique resonances and energy centres through vocal toning, using sound as a creative force for manifestation, and more, this accessible guide will help you harmonize your life with the remarkable benefits of sound healing.



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Reviews

Excellent electronic book and helpful one. Better then never, though i am quite late in start reading this one. You wont truly feel monotony at whenever you want of your time (that's what catalogues are for relating to when you question me).

-- **Mabelle Dach III**

This kind of publication is every little thing and taught me to looking ahead of time and a lot more. It is packed with wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Ida Herman**