



# The ABC's of Chakra Therapy: A Workbook

*Deedre Diemer*

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# The ABC's of Chakra Therapy: A Workbook

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## **The ABC's of Chakra Therapy: A Workbook** Deedre Diemer

A practical, user-friendly workbook that leads readers on a journey of self-healing and transformation through the exploration of the chakras. The unique approach of this book incorporates a variety of therapies, including: visualization, sound, color, aromatherapy, reflexology, crystals and gemstones, yoga and other physical exercise. Illustrated with reading list.

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