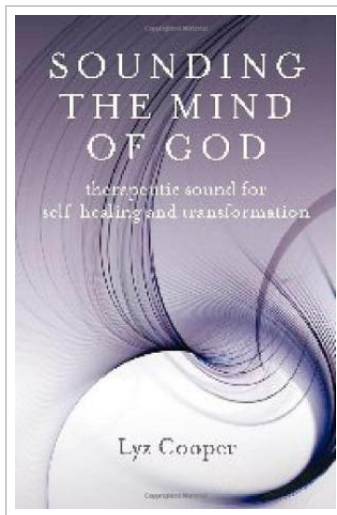




Sounding the Mind of God: Therapeutic Sound for Self-Healing and Transformation

By Lyz Cooper

John Hunt Publishing . Paperback. Book Condition: new. BRAND NEW, Sounding the Mind of God: Therapeutic Sound for Self-Healing and Transformation, Lyz Cooper, Sound has been used for thousands of years to help improve health and wellbeing. In "Sounding the Mind of God", Lyz Cooper brings ancient knowledge together with easy to digest 'new' science to demonstrate how sound can be used in an easy way to make positive changes to your life. This book contains a range of simple, fun exercises which include the use of the voice, Himalayan singing bowls, chimes, drums and more. If you are in need of a quick pick-me-up, try the 'sonic caffeine' exercises - or if you need a stress buster, how about some 'sonic hot chocolate'?.



READ ONLINE
[3.01 MB]

Reviews

It is in a single of the most popular ebook. It really is simplified but excitement in the fifty percent from the pdf. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Joy Langosh

This pdf can be well worth a read, and much better than other. I am quite late in start reading this one, but better then never. Your daily life span will probably be transform when you full looking over this book.

-- Roxanne Stehr