

MARY LAMBERT

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Natural highs for body & soul



70 INSTANT ENERGIZERS TO BANISH EVERYDAY ENERGY LOWS

Natural Highs For Body And Soul 70 Instant Energizers To Banish Everyday Energy Lows

Mary Lambert



Natural Highs For Body And Soul 70 Instant Energizers To Banish Everyday Energy Lows:

Natural Highs for Body & Soul Mary Lambert,2005 In the wake of her bestsellers *Clearing the Clutter* and *Color Secrets* popular author Mary Lambert reveals 70 instant energizers that banish daily energy lows and restore strength and wellbeing in minutes without resorting to sugar or caffeine Locate the body's energy centers and unblock and rechannel chi with mini exercises drawn from natural ancient therapies chi kung yoga acupressure shiatsu reiki and reflexology From morning refreshers to late night purifiers find out when to use an empowering mantra cleansing oil biodynamic massage healing color visualization energy journaling or power singing to jumpstart and sustain energy Build an Energy Toolkit of herbs oils and crystals for emergency use and see what it's like to feel good all the time **Natural Highs** Mary Lambert,2019-09-05 In today's fast paced world you will often hear friends family and work colleagues or even your own body saying they feel tired all the time But what if there were natural and simple ways to help you feel revitalized in seconds From pre breakfast yoga to an afternoon tea tonic author Mary Lambert offers 70 remedies and techniques you can use to rechannel your best self Whether you feel emotionally mentally or physically drained *Natural Highs* is the perfect companion to help you realise and release the energy you need to feel stronger happier and ready to face each part of your day The British National Bibliography Arthur James Wells,2005

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