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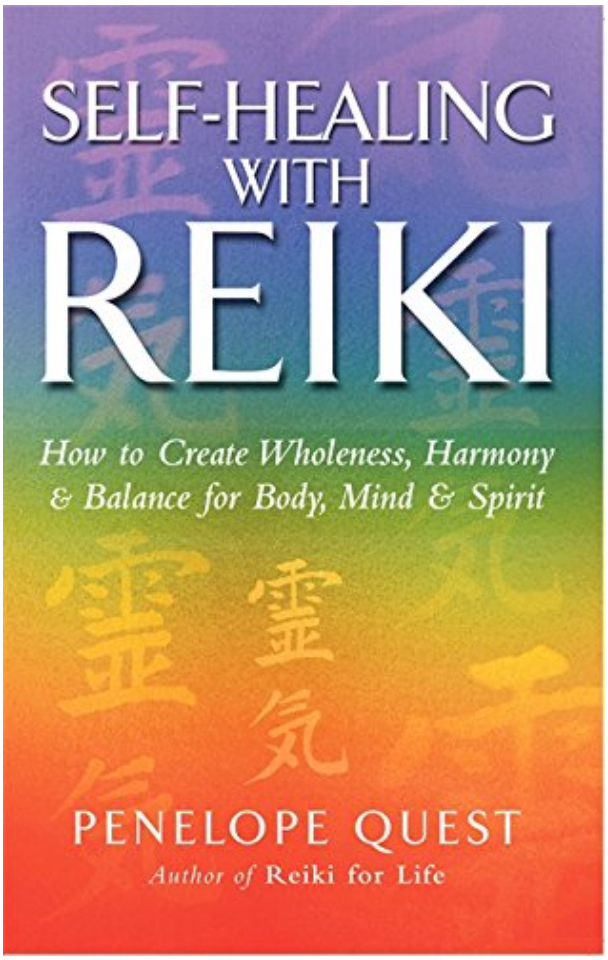

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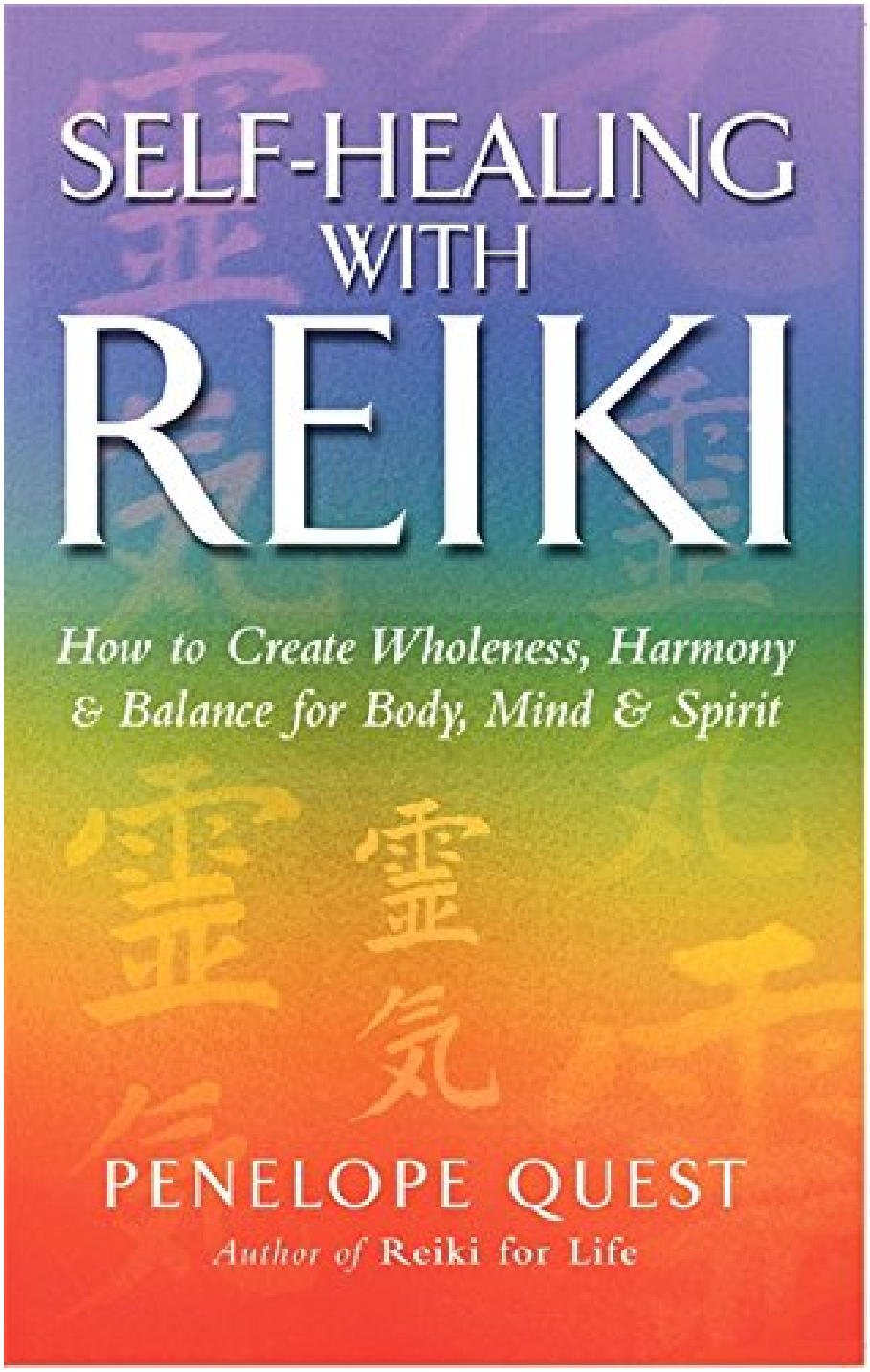

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Review
2013 Nautilus Books for a Better World Silver winner as Best Body-Centered Therapies & Practices Book

About the Author
Penelope Quest is a highly respected Reiki author and trainer. She has been teaching Reiki since 1994 and has been a consultant on Reiki to both the Open University and the NHS. She was on the Education and Accreditation Committee of the Reiki Regulatory Working Group responsible for producing an acceptable Core Curriculum for Reiki Practitioner training. Her previous books include Reiki for Life and The Reiki Manual.

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Many people who attend a Reiki workshop learn the basics of self-treatment with Reiki, but few discover its real potential for self-healing. In Self-Healing with Reiki, Penelope Quest explains how you can use Reiki as a powerful tool for healing your mind, body, and spirit to achieve wholeness, harmony, and a sense of purpose.

Essential reading for everyone who has worked with Reiki at any level, Self-Healing with Reiki includes:

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- Special meditations for encouraging insight and inspiration

Packed with innovative and easy-to-follow techniques, this book will provide you with access to the real impact and power of self-healing with Reiki.

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