

Healing Journey of Self-Discovery and Clinician's Guide

Special Set

Phil Rich Stuart Copans

Healing Journey Your Journey Of Self Discovery And Clinicians Guide To The Healing Journey

Phil Rich, Stuart Copans



Healing Journey Your Journey Of Self Discovery And Clinicians Guide To The Healing Journey:

The Healing Journey, Clinician's Guide Phil Rich, Stuart Copans, 1998-08-25 The Healing Journey offers guided journal entries to help individuals explore their feelings their personal history the facets of their personality their interpersonal relationships and their goals for the future This sensitive and creative personal journal will give readers new insight into who they are and what they can be

Healing Journey of Self-Discovery and Clinician's Guide Special Set Phil Rich, Stuart Copans, 1998-11-13 The following title previewed in September 1998 as a separate Journal and Clinician's Guide is now available as a set

Readings, 1998

Guide to Healing Chronic Pain Karen Kan, 2013-06-10 Are you trying to get relief from chronic pain without drugs or surgery Have you been diagnosed with a so called incurable pain condition such as herniated discs arthritis multiple sclerosis migraine nerve damage or fibromyalgia This unique natural pain relief guide integrates mind body and spirit in the healing process and can help you discover multiple natural pain relief strategies you can use to heal your pain with or without your doctors consent use cutting edge energy tools to quickly reduce or eliminate pain symptoms within minutes reduce and reverse the inflammation in your body caused by stress toxins and trauma rewire your brain and nervous system in order to reactivate your bodys innate healing potential harness the power of the mind to remove obstacles to healing and reconnect with your Spirit and Higher Self so that you can experience healing as a joyful journey

Guide to Healing Chronic Pain is an absolute must read not only for anyone suffering from chronic pain but also for anyone wanting to stay perfectly healthy for the rest of his or her life In the book Dr Karen Kan has set a new precedent of health care for Western physicians to follow in the twenty first century and beyond Taking the reader on a thorough exploration of drug free innovative and alternative medicine modalities such as infrared nanotechnology patches acupuncture without needles grounding energy healing nutritional therapy Qi and nervous system balancing detoxification and EMF pollution shielding Dr Kan synthesizes ancient Eastern healing techniques with cutting edge science Dr Kans balanced SpiritMindBody approach to healing chronic pain is not only revolutionary but is exactly what is needed now in Western medicine Dr Karen Kan is indeed a role model for the Next Human physician Jason Lincoln Jeffers spiritual teacher and author of *The Next Human*

Understanding Narcissism Callie Parker, 2024-11-25 How to navigate the complexities of NPD and create a more fulfilling life without sacrificing your ambition or drive If you're trapped in a cycle of toxic relationships and unfulfilled dreams then keep reading Do you find yourself constantly seeking validation yet never feeling truly satisfied Are your relationships marked by conflict jealousy and a lack of genuine intimacy Do you struggle with feelings of emptiness shame or insecurity despite outward confidence If so Understanding Narcissism is your essential guide to unraveling the complexities of Narcissistic Personality Disorder and embarking on a transformative journey towards healing and growth Here is a fraction of what you'll discover in Understanding Narcissism Unmask the many faces of narcissism Explore the spectrum of NPD from grandiose to vulnerable narcissists and understand their unique challenges Uncover the

roots of narcissistic patterns Delve into the interplay of genetic and environmental factors that contribute to NPD Develop self awareness and emotional intelligence Learn to recognize and manage your emotions thoughts and behaviors fostering greater self understanding Break free from the cycle of external validation Cultivate a more stable and internalized sense of self worth independent of the opinions of others Build healthier and more fulfilling relationships Develop the skills to communicate effectively set boundaries and navigate conflict with empathy and respect Embrace vulnerability and authenticity Shed the masks and personas that hinder genuine connection allowing your true self to emerge Navigate the complexities of intimacy Overcome the fear of vulnerability and build bridges of trust and understanding Master the art of assertive communication Express your needs and feelings clearly and directly while respecting the boundaries of others Find meaning and purpose beyond external validation Discover your unique gifts and passions and create a life that aligns with your true values Overcome perfectionism and embrace imperfection Learn to celebrate progress cultivate resilience and find joy in the journey Build a strong support network Cultivate connections that empower and uplift you on your path to healing Prioritize self care and prevent relapse Develop strategies to nurture your well being and maintain your progress Gain insights from real life stories Learn from the experiences of others who have navigated the challenges of NPD and found healing and transformation Embrace the possibility of change Discover the transformative power of therapy and self compassion Create a life of authenticity and fulfillment Step into your true potential and build a life that is both meaningful and joyful And so much more I m not sure if I have NPD This book offers a compassionate and insightful exploration of narcissistic traits whether you have a formal diagnosis or simply recognize these patterns in yourself I m afraid of change Change can be daunting but this book offers a supportive and empowering guide to navigating the complexities of NPD and creating a more fulfilling life If you re ready to break free from the chains of narcissism and create a life of genuine connection and purpose then grab your copy of Understanding Narcissism today **Books In Print 2004-2005** Ed Bowker Staff,Staff Bowker, Ed,2004 **Clinician's Guide to Self-Renewal** Robert J. Wicks,Elizabeth A. Maynard,2014-03-13 Providing clinicians with advice consistent with the current emphasis on working from strengths to promote renewal this guide presents a holistic approach to psychological wellness Time tested advice is featured from experts such as Craig Cashwell Jeffrey Barnett and Kenneth Pargament With strategies to renew the mind body spirit and community this book equips clinicians with guidance and inspiration for the renewal of body mind community and spirit in their clients and themselves **Enhancing Leadership Skills through Deeper Self Awareness** Dr. Shivani Khetan, In the rhythm of self leadership the dance of serendipity begins a symphony where clinical hypnotherapy becomes the guiding note dismantling mental blocks and rewriting life s story with purpose and empowerment Embark on a transformative journey with Enhancing Leadership Skills Through Deeper Self Awareness This immersive exploration unveils the dynamic interplay between clinical hypnotherapy and expressive arts unlocking the potential of self hypnosis as a catalyst for profound personal growth Through

captivating case studies practical tools and the art of life rewriting regression this book becomes a compass for enhanced self confidence serendipity and self acceptance It s not just a read it s an invitation to rewrite your life story with purpose removing mental blocks and limiting beliefs and embracing self leadership as you navigate uncharted territories This book is your key to a realm where every page sparks a journey of empowerment wonder transformative self discovery and self leadership making it an essential companion for those ready to lead with authenticity and rewrite their story

Aromatherapy: A Clinical Guide to Essential Oils for Holistic Healing (Learn How Essential Oils Elicit the Relaxation Response and Alter Mood) Howard Webster, In the hustle and bustle of our modern lives finding moments of tranquility and self care is essential introducing aromatherapy at home This comprehensive beginner s guide is your ticket to unlocking the extraordinary benefits of aromatherapy oils and incorporating them seamlessly into your daily routine Inside this enchanting handbook you ll embark on a sensory journey exploring the captivating world of essential oils and their remarkable therapeutic properties You will learn about the following Learn about the basics of aromatherapy The article has a chapter that discusses the benefits and why aromatherapy is popular It also discusses the caveats of using essential oils and what you need to do to avoid the caveats These include olfactory massage and cosmetic aromatherapy Each of the type of aromatherapy gives tremendous benefits to the body To make your own aromatherapy recipes For easy browsing the recipes are categorized depending on how they are used In this book we will show you the correct safe way to improve your lifestyle and health In the wrong hands aromatherapy can be useless or even dangerous We cover the techniques basics and background that you will require to apply essential oils via a range of methods This resource is perfect whether you are just starting to research the science of aromatherapy or whether you are already working or practicing as a natural therapist

Understanding, Assessing, and Rehabilitating Juvenile Sexual Offenders Phil Rich, 2011-01-13 Praise for Understanding Assessing and Rehabilitating Juvenile Sexual Offenders Second Edition The Second Edition of Understanding Assessing and Rehabilitating Juvenile Sexual Offenders showcases Phil Rich s experience and mastery of the research and clinical literature In my view this is an excellent therapy book and like its predecessor will help practitioners to work effectively and ethically with juvenile offenders It is destined to become a classic Tony Ward PhD DipClinPsy Victoria University of Wellington Wellington New Zealand Phil Rich is considered one of the world s leading authorities on how best to understand assess and treat juvenile sexual offenders and this Second Edition of his excellent text shows why he is held in such high regard All theoreticians researchers and practitioners whose work brings them in contact with juvenile sexual offenders should definitely read this remarkable book W L Marshall OC FRSC PhD Director Rockwood Psychological Services Ontario Canada Phil Rich s book Understanding Assessing and Rehabilitating Juvenile Sexual Offenders Second Edition offers new and thought provoking ideas updates and information especially on developmental pathways This book is one of the few publications on juvenile sexual offending that offers something new and revealing to the field Robert E Longo LPC NCC ACS

BCIA EEG BCN Serendipity Healing Arts Lexington North Carolina Phil Rich masterfully fills the gap in the juvenile sexual offender treatment literature with a book that is neither introductory nor narrowly specialized Seasoned veterans will appreciate his thoughtful and studied approach Newcomers will find this book a vital go to resource David Prescott LICSW Clinical Director Becket Family of Services Falmouth Maine Mind blowing brilliant Rich by name and rich in depth detail description and debate An instant classic Understanding Assessing and Rehabilitating Juvenile Sexual Offenders Second Edition is both comprehensive and challenging with its material and messages yet reassuringly accessible and practical Martin C Calder Calder Social Work Training and Consultancy Leigh Lancashire UK THE LANDMARK TEXT FOR WORKING WITH JUVENILE SEXUAL OFFENDERS AND UNDERSTANDING SEXUALLY ABUSIVE BEHAVIOR IN CHILDREN AND ADOLESCENTS NOW FULLY REVISED Thoroughly revised the Second Edition of Understanding Assessing and Rehabilitating Juvenile Sexual Offenders guides mental health professionals through the breadth of assessment and intervention methods available for working with this special population providing a succinct yet complete survey of the field the etiological development of sexually abusive behavior in juveniles and a reliable resource for assessment treatment and rehabilitation

Healing Naturally Barrett Williams, ChatGPT, 2025-06-02 Unlock the secrets of nature's pharmacy with Healing Naturally an enlightening eBook that serves as your definitive guide to the world of herbal medicine and holistic health Delve into the rich history and science of herbal remedies dispelling common misconceptions while understanding the basics of this ancient practice Explore the intricate workings of the human body and its natural healing mechanisms uncovering how balance and homeostasis are crucial to achieving optimal health Journey through a garden of essential herbs that sharpen the mind and enhance mental clarity discover the cognitive benefits of Ginkgo Biloba Rosemary and Sage Master the art of making potent herbal teas and infusions Learn to select quality herbs and customize blends tailored to your personal needs Soothe stress and anxiety with nature's tranquilizers like Valerian Root Chamomile and Passionflower Boost your immunity using the natural powers of Elderberry Echinacea and Garlic and turn everyday culinary herbs into nutritional powerhouses with Basil Turmeric and Oregano Unlock the versatile benefits of herbal oils diving into aromatherapy applications and topical uses that promote skin health Address women's health concerns naturally with Red Clover Raspberry Leaf and Dong Quai Enhance digestive wellness with the soothing properties of Peppermint Ginger and Dandelion Cultivate your own medicinal herb garden with practical tips on selecting the right herbs organic practices and proper harvesting and storage techniques Ensure safety in herbal medicine by understanding dosage potency and recognizing contraindications while learning how to integrate these practices seamlessly into your daily routine alongside modern medicine With real life case studies and success stories plus resources for advancing your knowledge Healing Naturally is your gateway to a healthier more balanced life Begin your journey to wellness today by embracing the power of nature through the wisdom contained within

Managing Clinical Depression: Practical Strategies for Hope and Healing Jamie Hughes, 2025-05-08 Are

you tired of feeling a persistent cloud hanging overhead Do feelings of low energy loss of interest or a fading of joy disrupt your daily life You are not alone Mild to moderate clinical depression can cast a long shadow but there is hope for healing Managing Clinical Depression Practical Strategies for Hope and Healing is your guide to navigating the challenges of depression and finding your footing on the path to a brighter more fulfilling life This book offers tangible tools and actionable steps to help you understand depression manage its symptoms and cultivate resilience Inside you ll discover What is Depression Demystify this condition with a clear explanation of its symptoms how it affects your mind and body and surprising facts that debunk common misconceptions Identify Your Triggers Learn to recognize the specific situations thoughts and behaviors that can worsen your depression empowering you to become more aware of your patterns Practical Strategies for Lifting Your Mood Master actionable techniques you can implement today to provide moments of upliftment and manage difficult emotions in the present Challenging Negative Thoughts Learn to identify and question unhelpful thought patterns and begin the process of reframing them into more balanced and realistic perspectives The Power of Lifestyle Changes Explore how nutrition sleep exercise and sunlight can significantly support your recovery journey promoting physical and emotional well being Incorporating Mindfulness and Self Care Embrace the importance of present moment awareness and intentionally nurturing your needs to manage stress and build inner resilience Building a Supportive Network Learn to nurture connections with others creating a strong and understanding support system to aid in your recovery When and How to Seek Professional Support Gain guidance on recognizing when professional help is beneficial and how to access the right resources including therapy options This book is your companion on the journey to reclaiming your peace It provides the knowledge and tools to navigate the challenges of depression empowering you to move towards a greater sense of calm and well being Please Note This book is intended for informational purposes and is not a substitute for professional medical advice Always consult with a qualified healthcare provider for any health concerns

Introduction to Motivational Interviewing for Mental Health Clinicians Philip Jericho Townsend,2024 Introduction to Motivational Interviewing for Mental Health Clinicians is an essential primer designed to navigate the complexities of mental health care through the lens of Motivational Interviewing MI Tailored specifically for clinicians therapists and counselors this comprehensive guide offers a foundational understanding of MI principles strategies and applications in a mental health context Crafted with clarity and insight by experts in the field the book begins by demystifying the core concepts of MI including its origins theoretical underpinnings and the pivotal role of empathy in the therapeutic process Readers are introduced to the MI spirit and principles that underscore the approach partnership acceptance compassion and evocation Through engaging explanations and examples the book elucidates how these principles facilitate a collaborative therapeutic relationship empowering clients to explore their ambivalence and initiate meaningful change Key sections of the book are devoted to practical MI skills essential for mental health clinicians such as open ended questioning affirmations reflective

listening and summarizing Each skill is explored in depth accompanied by real life dialogues and exercises that allow readers to practice and internalize these techniques Special attention is given to navigating resistance a common challenge in therapy with MI strategies designed to foster a supportive dialogue where change can emerge organically Introduction to Motivational Interviewing for Mental Health Clinicians goes beyond basic MI training offering insights into advanced topics such as integrating MI with other therapeutic modalities adapting MI for diverse populations and applying MI in group settings The book also addresses the practical aspects of implementing MI in various mental health care settings providing clinicians with a roadmap to enhance their practice and improve client outcomes Rich with case studies interactive exercises and reflective questions this book serves as a dynamic learning tool for clinicians at all levels of experience Whether you are new to MI or seeking to refresh your knowledge this guide will deepen your understanding of this powerful approach equipping you with the skills to facilitate change with empathy respect and effectiveness Introduction to Motivational Interviewing for Mental Health Clinicians is more than a book it s a journey into the heart of client centered care offering a path to transformative conversations and lasting change in the lives of those you serve **Tarot: A Royal Roadmap of Your Life Journey** Renuka Panchal,2024-08-16

In Tarot A Royal Roadmap of Your Life Journey I offer detailed interpretations of each card practical advice on crafting and interpreting tarot spreads and strategies for applying the tarot s wisdom in everyday life My goal is to make the tarot accessible and relevant providing you with the tools to connect more deeply with the cards and by extension with yourself This book also explores the therapeutic potential of tarot By delving into the psychological dimensions of tarot practice I aim to show how these ancient symbols can serve as catalysts for healing personal reflection and psychological growth The tarot can be a powerful ally in navigating the challenges and uncertainties of life offering clarity and insight that are often difficult to access through other means Join me on this journey of discovery and transformation Whether you are seeking guidance understanding or a new way of interacting with the world Tarot A Royal Roadmap of Your Life Journey is designed to be a companion and guide Together we will explore the paths revealed by the tarot and uncover the rich potential for wisdom and growth that lies within its mysteries Own Your Self Kelly Brogan, MD,2019-09-17 New York Times best selling author presents a radical alternative to psychotropic meds discerning the meaning in your symptoms and your struggle as a way to reclaim your health and your self For years we ve been telling ourselves that our difficult feelings sadness rage shame intensity worry are somehow not okay And all too often we ve relied on the promise of pharmaceuticals to tamp them down The fact is though that these feelings are a vital part of our experience They are real And those of us who feel them most strongly are the canaries in the coalmine sensitive to things that are seriously wrong in the world today In a book that s both provocative and promising holistic psychiatrist Kelly Brogan M D author of A Mind of Your Own shows us that we don t have to medicate our mental emotional and physical pain away that the best way out is through She explodes the mistaken belief that our symptoms from mood changes to irritability to foggy

and fatigue are evidence that we are sick or broken Then she charts a new path to get real get well and get free The journey includes Coming to a new appreciation of the meaning behind symptoms and whether you are a canary in the coal mine Learning the 2 major risks of medication that most doctors are not trained to disclose Exploring the 5 reversible physical drivers of so called mental illness Starting the process of radical physical healing with inclusive details of Dr Brogan s history making 30 day protocol Taking an emotional inventory of energy drains and toxic relationships Taking a deeper dive into the spiritual awakening and expansion that comes when you reclaim your real self from conventional medicine Identifying the most likely places you have given your power away Understanding what the science has to say about psychedelics as a tool for awakening Navigating health challenges with curiosity and the proper tools Guidance support and many Travel Tips shared from the trenches Our experiences Dr Brogan argues aren t problems or pathologies they reflect what we need to accept acknowledge and transform in order to truly become who we are Own Your Self is a journey of healing and also something more a journey of coming home to ourselves

Fundamentals of Psychotherapy Kevin William Grant, 2023-11-05

Foundations of Psychotherapy Essential Skills that Bridge Theory and Practice is an essential textbook and guide for psychotherapists psychologists educators social workers and mental health professionals at every level It is a comprehensive resource that delivers practical advice and pragmatic wisdom for those committed to supporting mental well being in themselves and others The following topics are explored Successful and Unsuccessful Therapeutic Outcomes Understanding what factors contribute to the effectiveness of therapy sessions Roles in Mental Health A detailed overview of the distinct functions and approaches of counselors psychotherapists social workers psychologists and psychiatrists Effective Communication Techniques and insights on persuasion enhancing self esteem building confidence delivering feedback and navigating conflicts within therapy Navigating Emotions in Therapy Explorations into emotion focused therapy managing complex feelings like guilt and shame and balancing empathy and emotional resilience Mindfulness in Practice Core elements benefits and mindfulness techniques that can be integrated into therapeutic practice Depth Therapy and Root Causes Examining psychodynamic therapy and strategies to address resistance explore therapeutic choices and tackle cognitive biases Building Self Esteem and Confidence Insights into fostering these essential qualities through psychotherapy Psychological Development and Life Transitions Understanding how to navigate through various stages of life and the emotional challenges they bring Relationship Challenges Addressing issues such as dating anxiety loneliness and the psychological impacts of manipulation within relationships Intimacy and Attachment The significance of attachment styles childhood trauma and maintaining intimacy and passion Grief and Loss Guidance on processing mourning navigating breakups and moving forward Stress and Anxiety Management Strategies for managing stress and anxiety including cognitive behavioral therapy and mindfulness Toxic Workplaces Identifying and coping with the stressors of an unhealthy work environment and the broader implications of the Great Resignation Abuse and Trauma Addressing and overcoming the

impacts of abusive relationships and trauma including narcissistic abuse and intergenerational trauma COVID 19 Pandemic Psyches Analyzing the mental health impacts of the pandemic including chronic stress and mass trauma Climate Change Global Tensions and Mental Health Discussing eco anxiety the psychological effects of air pollution and the impact of global tensions on mental health This resource offers an essential foundation for anyone seeking to understand or practice psychotherapy providing a rich tapestry of theoretical knowledge complemented by practical tools and interventions

Secrets of your Majestic Heart Catia Carrier,2025-05-28 Your Majestic Heart holds your pain your coding and your human reactions but above all it holds the key to your healing To those suffering from collective ancestral trauma or individually from trauma unlocking the hidden truths of your Majestic Heart will guide you towards healing and inner peace In Secrets of your Majestic Heart Your Sacred Journey to Healing Psychotherapist Trauma Specialist Catia Carrier acknowledges the mental physical and spiritual effects of trauma and brings forth holistic spiritual metaphysical and Indigenous strategies those that go beyond physical measures and pharmacology treatments that the reader can implement on their sacred journey of self discovery and healing Carrier helps readers navigate through the labyrinth of their emotions and experiences of trauma to the depths of their Majestic Heart where healing from the cellular level of trauma begins Each step the reader takes towards unlocking their Majestic Heart will bring them down the path of self love acceptance and profound healing a place of wholeness and harmony where their true essence shines brightly May this sacred journey be a beacon of light in your life illuminating the profound beauty of your soul

The Childhood Trauma Recovery Workbook for Adults Norman J. Fried,Nathan Spiteri,2024-03-19 Overcome the psychological and physiological effects of childhood trauma with this easy to use workbook of CBT and DBT based exercises and techniques The ideal upbringing for any child prioritizes unconditional love and protection above all else To these healthy children our world is a fair place full of benevolence and wonder However for those who were raised in unhealthy environments or forced into damaging situations this belief may have been warped or shattered entirely leading to the adoption of a negative worldview that has stayed with them all their lives As adults it can be difficult to heal from this trauma It is not however impossible The Childhood Trauma Recovery Workbook for Adults is an accessible guide to clinical and effective healing Based on the principles of cognitive behavioral therapy CBT and dialectical behavioral therapy DBT this workbook contains strategies techniques and exercises to help you overcome and recover from Depression and anxiety Shame and self loathing Grooming and trauma bonding Toxic masculinity Impostor syndrome Self sabotaging behaviors And more Written in collaboration by a seasoned mental health professional and a childhood trauma survivor The Childhood Trauma Recovery Workbook for Adults is an invaluable resource for adult trauma survivors looking to understand their pain and discover inner peace

Resonance Crafting Barrett Williams,ChatGPT,2025-07-03 Unlock the transformative power of sound and vibration with Resonance Crafting your comprehensive guide to mastering the art of DIY frequency healing Dive deep into the fascinating world of frequencies as

this eBook demystifies the science behind sound waves and their profound impact on the human body Start your journey with an introduction to the core principles of resonance and frequency setting the stage for an exploration into the healing properties of sound Learn why DIY frequency healing is an empowering approach offering both flexibility and customization to address your unique wellness needs With detailed instructions and practical advice this guide will help you build your own sound toolkit from basic instruments to innovative DIY alternatives Create a personalized healing environment within your home lab ensuring you have the perfect space to safely explore various techniques Whether you re looking to meditate with sound engage in tuning fork therapies or create immersive sound baths Resonance Crafting provides step by step techniques that cater to both beginners and seasoned practitioners Craft your own unique instruments like singing bowls and chimes or a custom made didgeridoo Design personalized frequency protocols tailored to your healing goals and learn to track your progress effectively For those seeking advanced practices discover the world of binaural beats isochronic tones and frequency sweeping Integrate frequency healing into everyday life with routines that enhance sleep reduce stress and boost overall well being Explore how sound therapy can complement other modalities from yoga to aromatherapy creating a holistic approach to health Explore real life case studies and success stories that inspire and gain insights from the DIY frequency community Anticipate future innovations with an eye on emerging technologies and collaborative breakthroughs Embark on your personal resonance crafting journey today and embrace a world of lifelong learning and exploration with Resonance Crafting Your pathway to sound healing starts here New and Full Moon Healing Meditations KG

STILES,2025-05-05 Awaken your inner wisdom and spiritual attunement with this beautifully crafted lunar companion New and Full Moon Healing Meditations is your indispensable moon phase guide offering practical tools for emotional clarity soul growth and spiritual alignment throughout the zodiac year Perfect for astrology lovers spiritual seekers energy healers and anyone called to live in rhythm with the moon s cycles Inside you ll discover Guided meditations for every New and Full Moon across all 12 zodiac signs Healing rituals reflections and lunar ceremonies to support release and manifestation Essential oil blends and crystal allies for enhanced energy alignment Angelic affirmations and spiritual invocations for inner peace and intuitive clarity Practical moon phase timing tips to sync with celestial energies year round Each section serves as a cosmic initiation into the zodiac s energies guiding you to align with lunar rhythms and co create the most magical healing and fulfilling outcomes in your life Blending astrology energy medicine and aromatherapy this guide supports you in creating sacred rituals for personal transformation and deep connection Ideal for Moon phase rituals lunar journaling Meditation energy healing and spiritual practice Astrology beginners and seasoned mystics Holistic wellness and natural living KG Stiles BA CBT CBP LMT is a Certified Clinical Aromatherapist Intuitive Astrologer and holistic health educator with over four decades of experience in natural healing and spiritual wellness She is the founding director of PurePlant Essentials and currently serves as the Oregon South Director for the National Association for Holistic Aromatherapy NAHA and a NAHA

approved Continuing Education Provider KG has created wellness blends for the global marketplace and has taught and worked with hospitals celebrity clients and integrative health professionals worldwide She is the author of over 100 books and her teachings integrate astrology essential oils and angelic guidance to support deep spiritual growth She lives in Ashland Oregon and shares her wisdom globally through her online store and recently relaunched YouTube channel

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Healing Journey Your Journey Of Self Discovery And Clinicians Guide To The Healing Journey Introduction

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