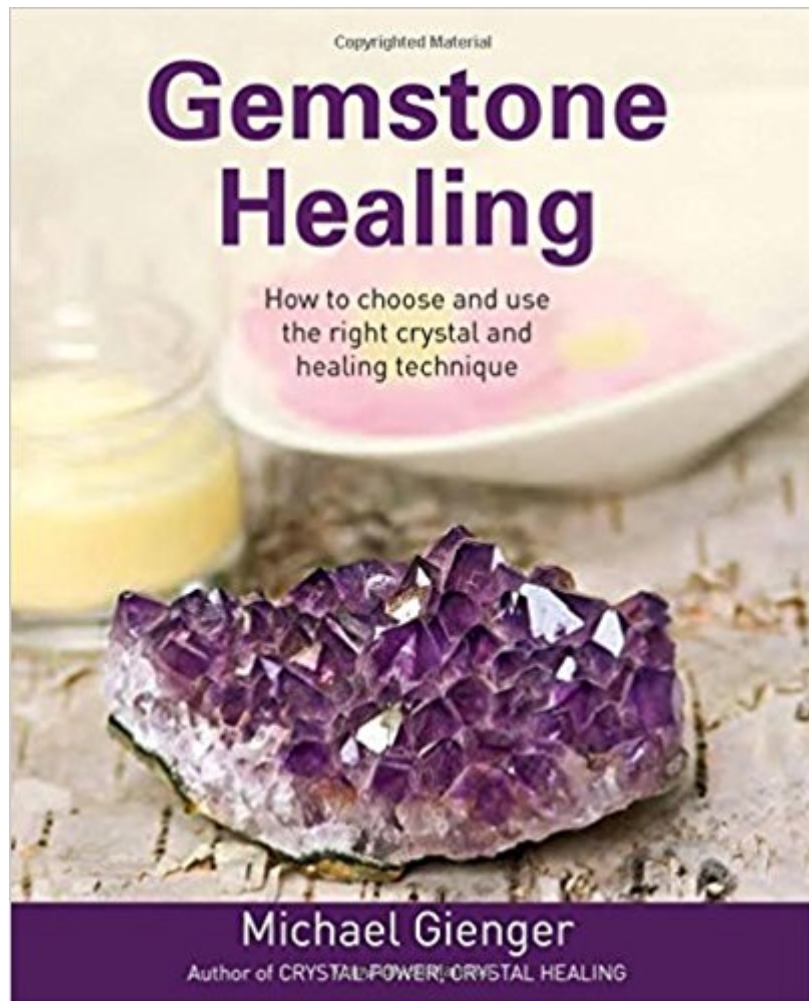


The book was found

Gemstone Healing: How To Choose And Use The Right Crystal And Healing Technique



Synopsis

This comprehensive practical beginner's guide to healing crystals explains how you can use healing stones in everyday life and tap into their powers. Worn as jewelry, in cosmetics, as gemstone water, placed under your pillow to work as you sleep, used as part of your meditation or in a massage, the gemstones promote strength and wellbeing. Crystal healing expert Michael Gienger explains how healing stones can exert their beneficial and healthy effects on the body, mind and soul. For example: rock crystal acts as antipyretic, malachite promotes detoxification, aquamarine helps to combat allergies, amber improves sleep and amethyst promotes clear thinking. Gemstone Healing is the first guide to list the full range of applications for 36 crystals and will provide all the information you need to treat yourself, your family and friends. The reader will come to understand the effects of the crystals and learn how to choose, use and look after them properly. With full color illustrations throughout and stunning photographs of each of the 36 crystals, this guide gives both the reader new to using crystals and those who have some experience of crystal healing a whole new view of the subject.

Book Information

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Best Sellers Rank: #207,938 in Books (See Top 100 in Books) #91 in Books > Religion & Spirituality > New Age & Spirituality > Divination > Crystals #183 in Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy

Customer Reviews

This is a great book with info on using crystals in different ways. Such as stone circles, massage for self or others, jewelry and more. The info is written in an easy to understand manner. I thought it might be too basic as I am not new to crystals and crystal healing, but I learned a few things.

I like this book, but I was hoping it would cover more crystals. It is informative at teaching you how

to use the crystals he has listed.

A lot of good information although it only covers certain stones

As usual: wonderful!

Anytime you see Gienger's name on a book, get it. Truly doesn't get any deeper or accurate.

Great overall gemstone healing book. I especially like that the index references ailments.

Wonderful book on crystals, I love it !!!

good for beginners, nothing new, and there's nothing about how to use different formations (double terminated, inclusions, etc.), but some good, basic layouts using good, basic stones.

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