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Crystals: The Modern Guide to Crystal Healing (Hardback)

By Yulia Van Doren

Quadrille Publishing Ltd, United Kingdom, 2018. Hardback. Condition: New. Language: English . Brand New Book. From choosing and using to programming, charging and cleansing, Crystals is a modern guide to enhancing your life with these enchanting stones. Featuring 52 of the most common and interesting crystals this is a practical guide that will teach you about each stone s individual properties and how to harness their powers. Discover which crystals are right for you, where best to position, the perfect pairings and learn how to look after your crystals on a daily basis to deflect any negativity in your life. Whether you use Jade to improve your health, Smoky Quartz to detoxify or Rose Quartz to create harmony in your relationships, this practical guide will equip you with all you need to harness the power of your crystals. Disconnect with the digital world and reconnect with your spiritual self as Crystals provides a fresh take on crystal healing that helps you to enhance your inner positive energy.



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