



## Naturally Powerful : 200 Simple Actions to Energize Body, Mind, Heart & Spirit

By Wells, Valerie

New York, NY, U.S.A.: Berkley Publishing Group, 1999, New York, NY, U.S.A., 1999. Trade Paperback. Book Condition: New. First Edition. 12mo - over 6¾" - 7¾" tall. Trade Paperback. First Edition. 12mo - over 6¾" - 7¾" tall. 1st Ed. so stated, 1st Printing, Trade PB, new, 227 pp. This unique and inspiring book of activities draws upon ancient wisdom and modern mind/body techniques to energize and empower every facet of your life. 200 simple actions, meditations, exercises, healing rituals, energy activators, focusing techniques, affirmations, visualizations, and more.



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