



# **The Five-Minute Healer: Self-Healing Techniques for Busy People**

*Mary Capone, Jan Rupp*

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The 5-Minute Healer is targeted to the millions of Americans looking for positive ways to navigate today's accelerated world. The authors have mined ten time-tested healing traditions to provide simple but effective techniques for those in search of quick solutions. Unlike other self-help books, this book covers a range of healing disciplines: sound therapy, yoga, color therapy, aromatherapy, breath, meditation, angels, chakras, prayer, and positive thinking and the subconscious mind. Each chapter offers a brief introduction to its subject, followed by simple-to-follow, step-by-step instructions that make these age-old healing formulas available to everyone.

The 5-Minute Healer could not be more timely—Americans everywhere are constantly on the go. Anxiety, insomnia, chronic fatigue, auto-immune disease, depression, and other stress-related diseases have become as familiar as the common cold. Tranquilizers, along with anti-anxiety and anti-depressant medications account for more than forty percent of the written prescriptions in the U.S. each year. There is a better way.

Backed by years of research and practical application, the authors show that, with just a few moments taken each day, these time-proven healing techniques can have an enormous impact on our quality of life. With its humor and disarming, informal style, The 5-Minute Healer will appeal to a wide group of readers—from bankers to bakers, and from teachers to technicians. This highly accessible and pragmatic book is a must-read for a nation in a hurry.

"This little book will serve as a convenient and much-needed reminder of how to tune into ourselves—in whichever ways work best for us—so we can help ourselves return to a more calm or connected state of mind. What a wonderful resource!" —Dr. Ellen Maslow, psychotherapist

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