



The Alchemy of Self Healing

Jeannine Wiest

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Jeannine Wiest's The Alchemy of Self Healing will gently help you understand the value of creative noticing to all aspects of life.

—Jane Wagner & Lily Tomlin

If you have ever struggled with life's many curve balls, whether a personal loss, a serious illness or a genuine challenge, you will want the tools and techniques offered by Jeannine. This is a truly empowering work that promises a new level of wellness and personal authenticity. I highly recommend it.

—Eldon Taylor, PhD, FAPA, New York Times best-selling author of *Choices and Illusions*

*I devoured the book in a week and have never felt better! An absorbing, stimulating read in which improvements in both your mind and body occur immediately. Additionally, if you're looking to tap into your creativity, Jeannine Wiest's *The Alchemy of Self Healing* is better than any how-to creative writing manual. I found her simple yet energizing exercises extraordinarily helpful.*

—Lisa Seidman, Emmy Award winner, writer for *The Young and the Restless*, author of *Killer Ratings*

We all have old pain stories trapped inside of us. These stories affect our energy and keep us stuck in patterns of failure, doubt, and fear. With *The Alchemy of Self Healing*, Jeannine Wiest shows you how to recalibrate your perceptions so that you can shift what you now experience as stuck, painful, or ordinary into something extraordinary.

—Sue Frederick, author of *Bridges to Heaven*

We have more power to heal ourselves than we have been led to believe.

Your body is “Instant Messaging” you all the time.

These messages contain a unique cellular treasure waiting to be accessed. The discovery that your body (not your mind) is listening to you will transform your life. Your mind runs old programs, “defaults” to all that is familiar in your life, even when what's familiar is pain. *The Alchemy of Self Healing* will show you how to tap into your body wisdom that craves health and joy.

Take the Alchemy Quiz, follow the exercises, read the essays. At the end of 30 days, when you retake the quiz, you'll discover you have new resources and tools at your fingertips.

Jeannine Wiest, CMT, CST has created a week-by-week guidebook for tuning into the body so you can:

Transform into the extraordinary version of you.

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From reader reviews:

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