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Colours of the Soul: Transform Your Life Through Colour Therapy

By June McLeod

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, Colours of the Soul: Transform Your Life Through Colour Therapy, June McLeod, This is a pioneering and enlightening volume on how colours affect us and how we can tune-in to our very own colours. Colours are everywhere in our lives - from the inside of our homes, to cars we drive - but they can also be found within us. "Colours of the Soul" shows how tuning into the colours of our auras and chakras can help us find balance and harmony in our lives. Finding the right colours for ourselves can have far reaching implications - from how we dress and what we eat, to the way we live and our personal health and well-being. The colour discovery insets and exercises in this pioneering volume will help readers find the right colours for every part of their lives and precipitate positive changes. This is a must read for anyone who wants to brighten up their life.



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