

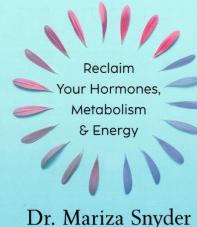
# Crystal Ball Bookstore

Hi everyone. It's NZ run-away time again. So great to have a break from the heat. The lovely elves will take care of you & there are sooo many new books, oracle cards & jewellery in store. Always worth a look. Regards Angi

## The Perimenopause Revolution: Dr Mariza Snyder

INCLUDES A 5-WEEK MIDLIFE RESET PLAN

THE PERIMENOPAUSE REVOLUTION



Reclaim Your Hormones, Metabolism & Energy

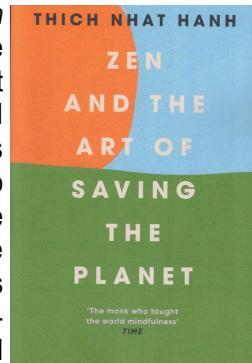
Dr. Mariza Snyder

(\$37) Reclaim your hormones, metabolism & energy with this road map to holistic healing. A 5 week plan will balance your hormones, reduce stress, fatigue & hot flushes & build strong networks to thrive through menopause, not just survive.

**"Be careful what you tolerate. You are teaching people how to treat you"**

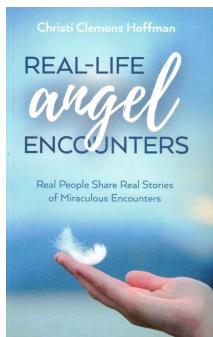
## Zen And The Art Of Saving The Planet:

Thich Nhat Hanh (\$30) One of the world's most revered spiritual teachers shares his wisdom on how to be the change we urgently need to see for our planet. His message is blazingly clear, we all have the power to change our minds & thoughts & hence bring harmony & healing to the planet.



'The monk who taught the world mindfulness'

**"The candles are many, but the light is One"**

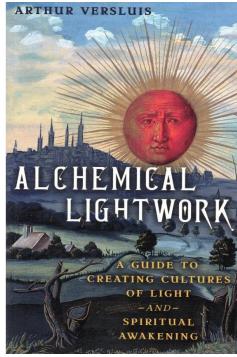


## Real-Life Angel Encounters:

Christi Clemons Hoffman (\$30) Real people share real stories of miraculous encounters. True stories of our unseen guides.

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TAROT READER & NATURAL THERAPIST IN STORE EVERYDAY

**Alchemical Lightwork:** Arthur Versluis (\$30) A guide to creating cultures of light & spiritual healing. Combining the modern spiritual movement of light-work with the wisdom of classic alchemical texts, this book offers a path out of the darkness towards spiritual regeneration.



**"Ignorance is the absence of knowledge. Stupidity is the presence of knowledge & the refusal to use it"**

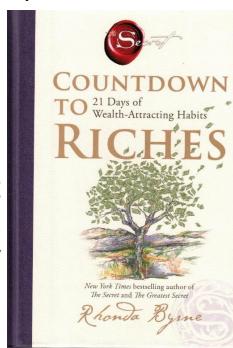
Paulo Coelho

## Mindfulness:

Dr Patrizia Collard (\$24) The complete guide to living in the moment. In a world of increasing daily stress, it's now more important than ever to find time for ourselves & embrace a mindful approach to our lives. 50 key practices included.

## Countdown To Riches:

Rhonda Byrne (\$30) 21 days of wealth-attracting habits, in a lovely simple format that centres your mind & cements your thoughts on abundance. Leave financial struggle behind.



**"The heaviest burdens we carry are the thoughts in our head"**

**365 Days Of Self-Care:** Chris Spriggs (\$20) Daily guidance for greater well-being. Lovely easy format.

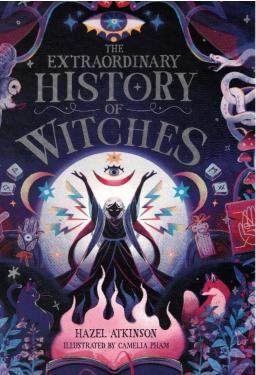


## February 26 Newsletter:

### The Extraordinary History Of Witches:

Hazel Atkinson DK

(\$38) Journey across the world & discover the myths as well as real women practicing the ancient origins of magic. Full of information & beautifully illustrated in hard backed format.



**"First you wake up to your light, then you wake up to your shadow, then you wake up to your Self"**

### 2 Very Important Kid's Books:

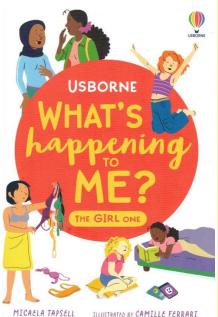
#### Autism And Me:

Katie Cook (\$22) An empowering, positive guide in Katie's fun style; 32 exercises quizzes & activities to help kids understand & celebrate their differences. There are true stories from other kids & many proven strategies

#### What's Happening To Me? - The Girl One:

Micaela Tapsell

(\$18) Growing up is an exciting but curious part of life. Inside are all the answers in clear & reassuring language & whatever you are going through, others have been through it & it's totally normal!



**"Most people never heal because they stay in their heads, replaying corrupted scenarios. Let it go"**

### Trading Hours—7 days pw

9.30am — 4pm Monday-Friday

8.30-3pm Saturday & Sunday

[sales@crystalball.com.au](mailto:sales@crystalball.com.au)