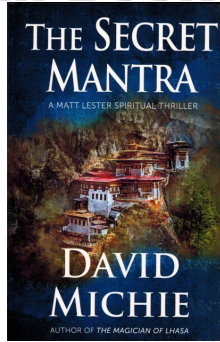
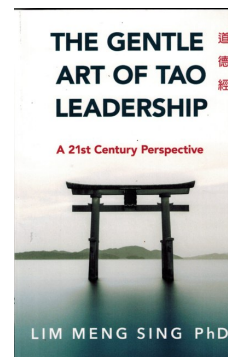


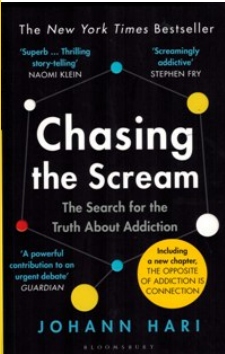
Hi everyone. This month we welcome Kristen back to the healing room, with Massage, Reiki & Healings on alternate Sundays., and Kiah on Mondays with Wellpoint Quantum Solfeggio Hypnosis™ See our website for more info on what that is.. All Sunday's are available to rent, Thank you for shopping local. Regards Angi & the team



The Secret Mantra
David Michie (\$20)
Breakthrough science spiritual insight woven into a heart stopping storyline that will shake up the whole idea of who you are and the transformation you are capable of

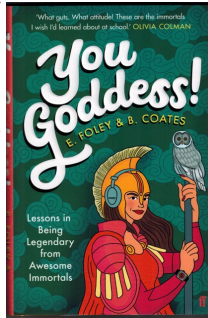


The Gentle Art of Toe Leadership:
Lim Meng Sing (\$20)
Ethical leaders, living in a harmonious way with self & others are hard to find. To act & make decisions in a gentle way using the Tao, is to benefit all & harm none.



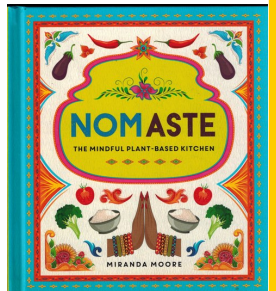
Chasing the Scream: Johann Hari (\$23)
The search for truth about addiction. Through a series of gripping human stories & the basis of his hugely popular TED talks, he has transformed the way the world views addiction.

You Goddess E Foley & B Coates (\$25)
Lessons in being legendary by awesome immortals. A tour of ancient deities & legends through the prism of female power, sharing the mythical stories of 25 goddesses from every corner of the globe.



“Today I will make time to count my blessings”

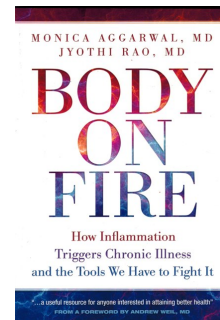
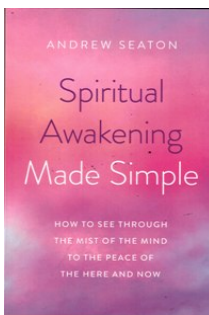
Nomaste:
Miranda Moore (\$30)
How to have a mindful, plant based kitchen. Using Ahisma (non-violence) & (food as medicine) principals, the 60 recipes will leave you filled with good food, gratitude & vitality.



“Give your energy to what you're FOR rather than what you are against”

“There is no App to replace your lap. Read to your children”

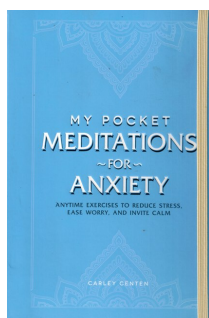
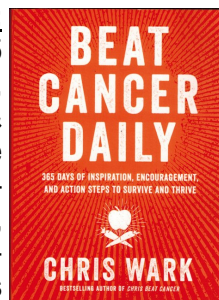
Spiritual Awakening made Simple: Andrew Seaton (\$20)
How to see through the mist of the mind and into the peace of the here & now. Concise practical formulation to help awaken your true nature as peace, contentment and connectedness.



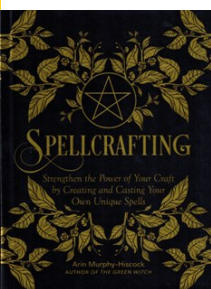
Body On Fire:
Monica Aggarwal (\$37)
How inflammation triggers chronic illness & the tools we have to fight it. You are encouraged to make an honest assessment of your energy, dietary habits,

lifestyle & mental state & you will be given tools to reclaim your health & vitality.

Beat Cancer Daily:
Chris Wark (\$28)
365 days of inspiration, encouragement & action steps to survive & thrive. From scripture, health tips, quotes & real life stories, the foundation is provided for a healing mindset, physically, spiritually, emotionally



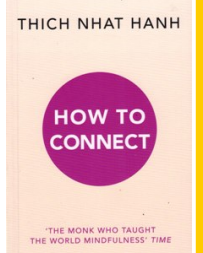
My Pocket Meditations For Anxiety:
Carley Centen (\$27)
150 short guided Any-time meditation exercises to reduce stress, easy worry & invite calm.. Bring more peace & harmony into your life & improve your overall health & wellbeing.



Spellcrafting: Arin Murphy-Hiscock (\$30)
Strengthen the power of your craft by creating & casting your own unique spells. Explore how & why your spells work & also what you can do to improve it.

Don't underestimate the power of the following:
Music
The Ocean
Stars!

How To Connect:
Thich Nhat Hanh (\$13)
From the Monk who brought mindfulness to the world, one breath & one step at a time.. Find a sense of oneness with all others & the natural world. Always simple.



“I don't trust words, I trust vibes. People can tell you anything but a vibe tells you everything”

“Simple rule of life: If you wouldn't like it done to you, don't do it to others”

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