

SHORT REVIEW

Healing by David Elliott

Every once in a while a book is released in the spiritual/self-help/personal development marketplace that covers the whole nine yards, and tells the entire story. *Healing*, by David Elliott, is one of those books. If you're looking for a book to give as a gift to someone new to the field, or someone who's not familiar with the territory, *Healing* is perfect. It's also perfect for anyone who's already engaged in their own personal healing, but who can use an experienced, comprehensive guide. Including yourself, perhaps! Elliott's previous book, *The Reluctant Healer*, detailed his mystical, roundabout path to the profession; now *Healing* presents the methodology he used to heal himself, and how he teaches this message to others in retreats and in one-on-one sessions. The issue, he has determined, is one of self-love. This self-love creates an *exchange* with the Universe that "connects you to the larger Universal Energy Flow and the Grace that flows back to you from it." The successful result is profound inner peace, happiness, a sense of absolute gratitude for life and healing. Elliott's style is warm and personal, as he shares stories from his own healing and from his clients' experience of the process. More than two-dozen exercises lead the reader toward the deep insights and experience required to heal. This one is for your permanent library.

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