

# STORY ANGLES

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## *Healing* by David Elliott

**Is what's ailing our society...what's ailing ourselves? "If we heal ourselves, we heal society," says author/healer David Elliott**

In his new book, *Healing*, author David Elliott points to five major symptoms of our personal (and societal) malaise – being extreme, being aggressive, addiction, ego and stubbornness. "These," he says, "are indications of – in fact, reactions to – a profound lack of self-love. They're all efforts to fill up the empty hole inside." Elliott then offers readers a clear, comprehensive and warmly shared method for healing these wounds and landing in a deep experience of inner peace, happiness and gratitude for life.

**"'Exchange' is the key to a life in balance," says author/healer David Elliott in new book *Healing***

"Self-love," says author/healer David Elliott in his new book, *Healing*, "spirals out of the heart leading to an exchange of love with all things. As this exchange happens, it connects you to the larger Universal Energy Flow and the Grace that flows back to you from it." Where there is no self-love, the resultant experience is anger, fear, sadness, illness and instability. How easy is it to see where most of humanity is living? In his book, Elliott offers an exercise-by-exercise way to develop self-love and transform your life.

**What is this thing called healing? Author/healer David Elliott shows the way in new book, *Healing***

*Healing* is a buzzword in contemporary America, along with other psychological terms, such as closure, co-dependency, and emotional intelligence. But just what is healing as a psychological/spiritual phenomenon? "When people are *chronically* sad, dissatisfied, feeling victimized by life, or depressed, it's an indication that something inside is not in order," says author/healer David Elliott. "*Healing* is the process of resolving the issues that have led us to that life experience, so we may live in love, happiness, inner peace and gratitude." Elliott's new book, *Healing*, details the process he used in his own healing, and that he teaches to others as a way to heal themselves.