

Book Summary

Healing Self, Healing Earth by Roy Holman

Healing Self, Healing Earth: Awakening Presence, Power, and Passion is an invitation to heal the world from the inside out. The book focuses on personal growth, healing, and awakening on all levels:

- physically (nutrition, body care, yoga, etc.)
- emotionally (dealing with fear, healthy expression of anger and grief, etc.)
- mentally (centering, healing depression, etc.)
- spiritually (awakening to one's true self or essence)

Healing Self, Healing Earth also explores global shifts and recommends economic, social, political and personal changes that can accelerate transformations in consciousness. The author addresses the 2012 "doom and gloom" prophesy in a refreshing way, celebrating the incipient global awakening.

This comprehensive book incorporates ancient wisdom, modern insight plus daily practice points and meditations to guide the reader to a powerful and passionate life. The book is suitable for those who are new to the inner journey, but there is something for everyone in this profound and highly readable book.