

## For Immediate Release

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# YOUR BODY IS LISTENING TO YOU!

## A 30-Day Plan for Letting Go of Stress by Tuning Into Your Body

*"The Alchemy of Self Healing will gently help you understand the value of creative noticing to all aspects of life."* — JANE WAGNER & LILY TOMLIN

Author Jeannine West has been selected for the 2014  
"Top 12 Spirited Woman Book Pick List"!

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**San Francisco, CA (October 1, 2014)** — Your body is "instant messaging" you all the time, and these messages contain a unique cellular treasure waiting to be discovered. The key to accessing what our bodies are telling us and thereby transforming our stressful lives is found in a new book, *The Alchemy of Self Healing: A Revolutionary 30-Day Plan to Change How You Relate to Your Body and Health*.

A certified craniosacral therapist, Reiki master, and holistic coach, author Jeannine Wiest has brought together her years of training and experience treating and counseling clients ranging from corporate escapees to Oscar winners, billionaires to chronically ill children in Bali. The book is week-by-week guide to tuning into the body in order to:

- Transform old stories that dwell in the body and drain well-being
- Reconnect with body wisdom to access creative resources
- Develop habits to access the cellular information from the body
- Respond to challenges with calm, focused energy
- Transform into an extraordinary version of self

She said, *"The discovery that your body (not your mind) is listening to you will transform your life!"* Your mind runs old programs, defaulting to what is familiar, even when the familiar is pain. *Do these symptoms and conditions ring a bell?*

- High levels of stress resulting in loss of focus and depression
- A sense of disconnection
- Illnesses based on syndromes that doctors can only medicate

— more —

- Endometriosis
- Repetitive injuries that seem to recur just when they are getting better
- Creative challenges like writer's block, burnout, and the inability to dig deep into work and relish it

*The Alchemy of Self Healing* teaches how to tap into body wisdom that craves health and joy. Readers take the Alchemy Quiz, follow the exercises and delve into the essays. After thirty days when they retake the quiz, they own and use new resources and tools with which to read bodily signals and heal themselves.

Our bodies have become patterned and conditioned to use ineffective ways to deal with stress and trauma, overwhelming us as the stress is locked in at sites of inertia. As readers learn in *The Alchemy of Self Healing*, these sites of inertia affect the natural rhythmical movements of the Breath of Life, hindering our ability for health to manifest at a cellular level. Tissues become imprinted with the memory of unresolved experiences and act like videotapes that replay whenever stimulated. *The Alchemy of Self Healing* offers a groundbreaking, self-healing remedy to the pressures and anxiety that we all contend with on a daily basis.

**About the Author:** Jeannine Wiest is an advanced certified craniosacral therapist, Reiki master, and holistic coach. She has danced on Broadway, dissected a human cadaver, and today works with a wide variety of clientele. She received a BFA from Purchase College and holds craniosacral certification from the Upledger Institute, where she has been a longtime teaching assistant.

Wiest is a leading expert in combining craniosacral therapy concepts and creative principles. Her mission is to help people heal themselves by learning about and developing a nature-based relationship with their bodies.

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**Title:** *The Alchemy of Self Healing: A Revolutionary 30-Day Plan to Change How You Relate to Your Body and Health*

**Pub Date:** October, 2014

**Author:** Jeannine Wiest

**Publisher:** New Page Books, a division of Career Press

**ISBN-13:** 978-1-60163-343-9

**Format:** Paperback, 272 pages, 6 x 9 inches, 61 images

**Price:** \$15.99 (Can. \$18.95)

**Distributors:** New Leaf, Baker & Taylor, Ingram, Bookazine, Brodart, Nutri-Books, Partners Book Dist.

**Information:** [www.newpagebooks.com](http://www.newpagebooks.com), [www.warwickassociates.com](http://www.warwickassociates.com)

**Subjects:** Mind, Body, Spirit

**Rights:** World