

ABOUT THE AUTHOR

Jeannine Wiest

As a young girl, Jeannine Wiest wanted to be a detective--first Harriet the Spy and later Emma Peel from the British television show, *The Avengers*.

Born in Lansing Michigan, Wiest grew up in New York City where she attended the famed High School of the Performing Arts. Rather than becoming a detective, she went on to receive a B.F.A. from Purchase College which led her to becoming a dancer on Broadway. After moving to Los Angeles, she created a successful design firm, designing one-of-a-kind clothes for boutiques around the world. While working on a British television show, Wiest repurposed materials not meant to be clothing into wearable art. As she went on to work on several other television shows, earning an Emmy nomination, she discovered an ability to make unusual connections.

Perhaps, she thought, she was after all a detective.

But throughout these years, Wiest was ill. She was twice diagnosed as having cancer, but she knew the diagnosis wasn't right, and ultimately, after enduring years of pain, she learned she had endometriosis. In seeking alternative treatments, Wiest discovered Craniosacral Therapy. It was only then, as she began listening to her own body, that she healed. Pain free and impressed by the power of this treatment, she went into training to become a Craniosacral therapist, Reiki Master and holistic coach.

One afternoon after dissecting a cadaver in class, Wiest was holding a heart in her hands when she realized this change of direction was not so dramatic a change; human tissue was, she understood, simply another kind of fabric.

Thus the detective and the artist in her joined forces.

For the past decade Wiest has honed her Cranial Alchemy system showing her clients, in a sensory way, how to re-purpose those cellular stories in our bodies that no longer serve us. She has worked with myriad clients, both in groups and one-on-one—everyone from artists, celebrities and billionaires to corporate escapees and handicapped children in Bali. In every case she has witnessed the wonder in her clients' eyes as they learn to listen to their bodies, utilizing the tools now available in *The Alchemy of Self Healing*.

