

ABOUT THE AUTHOR

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Dr. Synthia Andrews is a licensed naturopathic physician with 30 years of experience as a massage and energy therapist. Her work focuses on the emotional and spiritual dynamics in health and healing. She is passionate in exploring the human body, the subtle energy matrix and emotions; facilitating people's energy awareness is her life work. The emotional compendium supplied in this book is derived from her experience working with clients and her own work in personal growth. She is author of the book *The Path of Energy* (New Page Books, 2011) and is the primary co-author of three other books on healing, energy and consciousness. She teaches energy awareness workshops, provides lectures around the world and maintains a private subtle energy oriented naturopathic practice in Guilford, CT.