



The Complete Idiot's Guide to Chakras (Idiot's Guides)

Betsy Rippentrop Ph.D., Eve Adamson

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Get into the spirit of chakras.

In the last decade, as Westerners have become more familiar with Eastern medicine, the term "chakra" has entered the mainstream lexicon. *The Complete Idiot's Guide(r) to Chakras* introduces both the major and minor chakras-energy centers along the nervous system that are said to revitalize both the body and the spirit-and explains their qualities, the signs of balance and imbalance, and the healing techniques for each, teaching readers how to enjoy healthier lives.

*The most comprehensive and up-to-date guide on the subject

*"Realigning your chakras" is popular in spas, yoga, massage, Reiki

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