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In Your Element: Ancient Wisdom for Modern Times (Paperback)

By Michael White, Linn Wiggins

Balboa Press, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Are you seeking to understand yourself better? If so, In Your Element can provide you with wisdom to aid you in that quest. It combines the knowledge regarding the early use of personality profiling and animal totems to describe the inherent differences in the way people approach life and learning. This book explores how other cultures have used this knowledge to help guide people throughout their lives, helping them to embrace who they are as individuals. It outlines some of the many historical approaches taken to this topic, and then overlays the use of simple lifestyle changes, food as medicine, and Australian traditional remedies as time honoured ways for people of all ages to enjoy better health and emotional wellbeing. The simple truth that people are different-not just in appearance, but in thought and perception as well-needs to be acknowledged. What might work for one person may not have the same effect for another, even down to the medicinal properties of plants. Our modern way of life too often fails to take our inherent psychological and physiological differences into account, a...


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