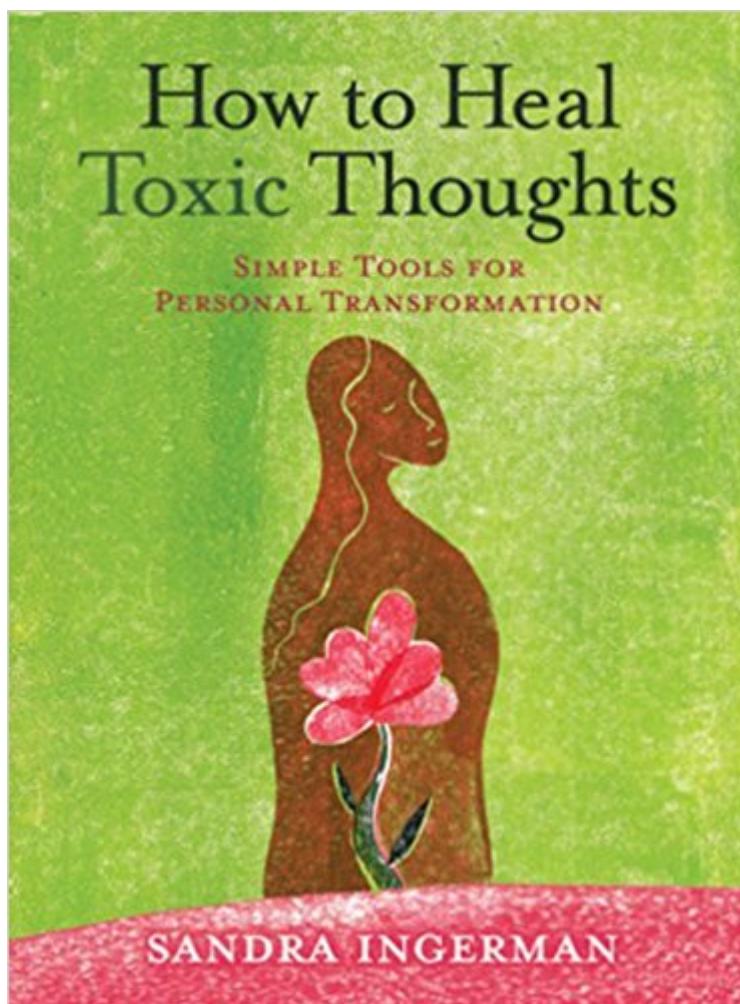


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# How To Heal Toxic Thoughts: Simple Tools For Personal Transformation



## Synopsis

We may not realize it, but negative feelings can be as toxic to our health as physical poisons, wearing on us and causing depression, illness, and burnout. In this updated edition of her classic How to Heal Toxic Thoughts, shaman and psychologist Sandra Ingerman reveals the secrets of the ancient alchemists and offers strategies for processing harmful thoughts and emotions and turning spiritual lead into gold. Her methods are simpleâ but they can change you, others, and the world.â

## Book Information

Paperback: 128 pages

Publisher: Sterling Ethos; Reprint edition (October 2, 2012)

Language: English

ISBN-10: 1402786085

ISBN-13: 978-1402786082

Product Dimensions: 5.5 x 0.3 x 7.4 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 9 customer reviews

Best Sellers Rank: #157,966 in Books (See Top 100 in Books) #107 in Books > Religion & Spirituality > New Age & Spirituality > Shamanism #816 in Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing #962 in Books > Self-Help > Spiritual

## Customer Reviews

Sandra Ingerman is the author of Soul Retrieval: Mending the Fragmented Self (Harper San Francisco 1991), Welcome Home: Following Your Soul's Journey Home (Harper San Francisco 1994), A Fall to Grace (Moon Tree Rising Productions 1997), and Medicine for the Earth (Three Rivers Press 2001). She is also the author of "The Beginner's Guide to Shamanic Journeying" and "The Soul Retrieval Journey" lecture programs and the book and CD program Shamanic Journeying: A Beginner's Guide, produced by Sounds True.

Great book and quick read but full of good information!

Very informative and would recommend.. Thank you

This is a really good read. Just what I thought it would be.Thanks so much, nice addition to my shelf.

Very helpful book.I love it, everyone should have this book.

really helpful

great

This is an excellent book for people who are in the helping professions and want to remain energized while they are expected to give much social, emotional, and cognitive energy in their field of work. I highly recommend this as a way to stay balanced and effective when working in situations with high need populations from any social and economic communities.

Great book with practical easy to do steps.

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