



The Little Pocket Book of Crystal Healing: Crystal prescriptions that will change your life forever

Philip Permutt

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Get in touch with the natural healing energy of crystals and transform your life forever.

"The ultimate go-to guide for finding out more about your favorite gems." - *Soul & Spirit*

Crystal healing and therapies have a long history, dating back 5,000 years, and have often been used to gently soothe, and even cure, illnesses. Split into four chapters, *The Little Pocket Book of Crystal Healing* will take you on an explorative journey of crystals and their properties. The first chapter, "Preparing for Crystal Work", will take you through cleaning, cleansing, and preparing your materials, allowing you to attune yourself to the varying energies and tendencies of different crystals. Chapter 2, "Working with Crystals", will then teach you how to get the most out of your crystal, whether you are simply holding quartz or meditating with topaz. Next is the "Crystal Finder", which is a chapter dedicated to the huge range of crystals and their properties, so that you can find exactly the right one to suit your needs. Finally, chapter 4, "Crystal Remedies", explores different techniques to soothe and heal both emotional and physical ailments. In *The Little Pocket Book of Crystal Healing*, you'll find everything you need to know to get in touch with your inner crystal healer

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